

goodFOOD

EST 1989 MIDDLE EAST

May 2024
DHS15

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Spring delights

- Crispy smashed new potatoes with asparagus, jammy eggs & pickled radish
- Crispy-skinned chicken with roasted Jersey Royals & watercress stuffing
- Spring green tagliatelle with lemon & chive sauce

How to
*Compost
food at home*

DIET DECODED

Exploring the
Mediterranean
diet secrets

Dessert collection

Mini eton mess cheesecake tarts • Olive oil chocolate
mousse with almond biscuits • Spring bouquet traybake

CPI

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BYSTRO COLLECTION

SANIPEX GALLERY

WWW.SANIPEXGROUP.COM

Welcome!

Our April issue is dedicated to helping you embrace the vibrancy of this season in your kitchen. Spring presents the

perfect opportunity to rejuvenate your space, beginning with your kitchen.

Discover six straightforward yet impactful ways to Spring clean your kitchen (p14), ensuring an organised environment that enhances the joy of cooking. For those in search of gratifying meals, explore our cover star, Crispy-skinned chicken with roasted Jersey Royals & watercress stuffing on page 49, *Dinner for lunch tomorrow* (p26), *Quick & clever meatball* recipes (p34), and Chef Tom Kerridge's *One-pan whole-roasted curried cauliflower & chickpeas* (p40), boasting bold flavours with minimal effort.

Planning to entertain family and friends over the weekend? Turn to page 43 for our selection of Spanish recipes that will transport your guests to the sun-kissed shores of the country, featuring palatable dishes such as Arroz con gambas y calamar (rice with prawns and calamari) and Olive Oil chocolate mousse. Children and those seeking an enjoyable afternoon with friends can find inspiration in our *Family: Spring Afternoon Tea* (p78), which presents a delightful assortment of sweet and savoury treats.

Celebrate the abundance of fresh produce with dishes like Spring greens with fennel & apple and Green minestrone with tortellini, both featured among our *5 healthy ideas with super spring greens* (p86). Lastly, delve into the secrets of the *Mediterranean diet* (p88) and embrace a lifestyle that promotes wellbeing. With summer on the horizon, Italy beckons with its rich landscapes, exceptional cuisine, and profound cultural heritage – turn to page 94 to ignite your inspiration.

Happy reading!

Nicola Monteath
Editor

These are a few of
our favourite dishes...



"This vibrant salad, Crispy smashed new potatoes with asparagus, jammy eggs & pickled radish, is perfect for a picnic or a side to your roast."

Liz Smyth, Group Sales Director



"This recipe calls for more effort but I'm willing to put my baking skills to the test for this Chocolate babka."

Blanche D'mello, Assistant Editor



"These Lentil, ras-el-hanout & date 'meatballs' are an innovative, textured take on the classic and pairs perfectly with the olive salsa."

Gill Fairclough, Sales Director

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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.



Your Say

We love hearing from you!

star
letter



Thank you so much for featuring the *5 healthy ideas with prawns*. I was recently diagnosed with IBS after a major (and very painful flare-up), and I suddenly had to remove many triggers from my diet including gluten, legumes and dairy. I am a foodie and I was at a total loss as to what I'm supposed to eat that doesn't trigger IBS symptoms, as suddenly I felt like I couldn't eat anything! I took to your magazine to find recipes where I could incorporate gluten-free options, and lo and behold there were the prawn recipes. I love prawns and love that there were different flavours to play around with so that it doesn't get boring. Thank you for featuring this, it was great timing for me as I go on this self-discovery journey of IBS.

Carla Corsino



Pancakes are one of my favourite breakfast dishes. So it was a pleasant surprise to see tips in the March issue on how to enhance your pancakes. I also enjoyed reading about the spice essentials for every kitchen as I am a new cook. Looking forward to the next issue!

Shaheera Munas



The recipes are absolutely amazing and cater to so many dietary requirements. Super impressive! Love the cooking videos as well, which make the recipes extra clear and easy to follow. I love to travel and so the staycations are also very appealing showcasing new hotels opening.

Jasmit Kaur

WIN!

EXPERIENCE A LUXURIOUS GETAWAY WITH A SEAFOOD DINNER AT HOTEL INDIGO DUBAI DOWNTOWN, WORTH AED1,400

Immerse in the perfect fusion of tradition and modernity within the contemporary spaces of Hotel Indigo Dubai Downtown, and enhance your experience with an enchanting #SurfandTurf Theme Night, featuring the freshest seafood with succulent meats.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com

TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of Good Food ME!

You can also connect with us on social media! Find us on: [f](#) [i](#) [x](#) [t](#) [v](#) [@goodfoodmiddleeast](#)

Or, you could write to us at: The Editor, Good Food Middle East. Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.



A MYTHICAL FUSION OF FLAVOURS AND ELEGANCE

**EMBARK ON A CULINARY ODYSSEY WHERE MEDITERRANEAN
AND JAPANESE FLAVOURS UNITE WITH AI INNOVATION.**

Reservations: +971 4 83 77 222
Zenon, Kempinski Central Avenue, Downtown Dubai

NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



**THIS
MONTH
WE
LOVE...**

ELEVATE YOUR WELLNESS JOURNEY



Go Organic now offers a range of Meal Resets including options such as Gut Cleanse and Protein Reset. The Meal Resets feature a variety of dishes, from salads to gluten-free noodles and gourmet snacks, catering to diverse tastes. Customers can select from durations ranging from 3 days to 3 months, tailored to their individual goals and lifestyles.

Visit goorganic.me.

Jones Cheese Club subscription boxes, deliver a curated selection of artisanal cheeses and complementary preserves straight to your doorstep each month. With options ranging from one month to a year, subscribers can explore varied taste profiles and textures while receiving expert pairing notes and care instructions for optimal enjoyment. Perfect for entertaining or solo indulgence, the Jones Cheese Club offers an unparalleled cheese experience, complete with exclusive gifts and free delivery across Dubai and Abu Dhabi.

Visit www.jonesthegrocer.com.



NEW OPENING

Eataly, the renowned Italian food market and restaurant chain, unveils its latest gastronomic haven in the heart of Abu Dhabi's bustling Reem Mall. Spanning 1,000 square meters, this latest addition is a treasure trove for food enthusiasts – a marketplace brimming with the finest Italian ingredients, a restaurant offering authentic Italian fare, and a myriad of eateries catering to every palate. Let children hone their culinary skills at cooking classes hosted by Eatalian Chef. Little chefs will learn how to make pizza and pasta while learning about Italian culture and cuisine, as Eataly's chefs offer fun tips and tricks during the hour-long food and culture classes.



LG Electronics unveiled the 76-litre InstaView Oven with Steam and Sous-Vide, a cutting-edge appliance set to transform cooking experiences across the region. At the forefront of its features is InstaView technology, allowing users to peek inside the oven with a simple knock on the glass, minimising heat loss and enhancing cooking efficiency. Complementing this convenience is the EasyClean™ function, ensuring effortless maintenance without the need for harsh chemicals or fumes. Beyond its intuitive design, the oven integrates seamlessly with LG ThinQ™ compatibility, enabling users to monitor and control cooking processes remotely via smartphones. Additional modes like Air Fry and Pizza cater to various culinary preferences while maintaining energy efficiency and reliability.

Visit www.lg.com

EFFORTLESS ENTERTAINING

La Petite Ani, the French-Mediterranean dining concept curated by Evgeny Kuzin and Chef Izu Ani now offers a catering menu. Presenting options like the exquisite Salmon cream cheese tartines and Labneh and avocado tartines, each dish is crafted to showcase Chef Izu's culinary expertise and passion for exploration. Whether it's a leisurely brunch with friends, a professional luncheon, or a dinner soirée at home, La Petite Ani's catering service delivers an array of delectable offerings to suit every occasion and palate, complemented by an assortment of soft beverages.

Available across the UAE, from AED100 per person.



Flavours of the *month*

What's hot and happening
around town this month

➤ RIBAMBELLE

RIBAMBELLE welcomes guests into an enchanting realm where fine dining converges with family-friendly entertainment. This whimsical oasis promises an immersive escape for all ages, offering a luxurious European-Asian fusion restaurant with a dynamic playground inspired by the beauty of a desert oasis.

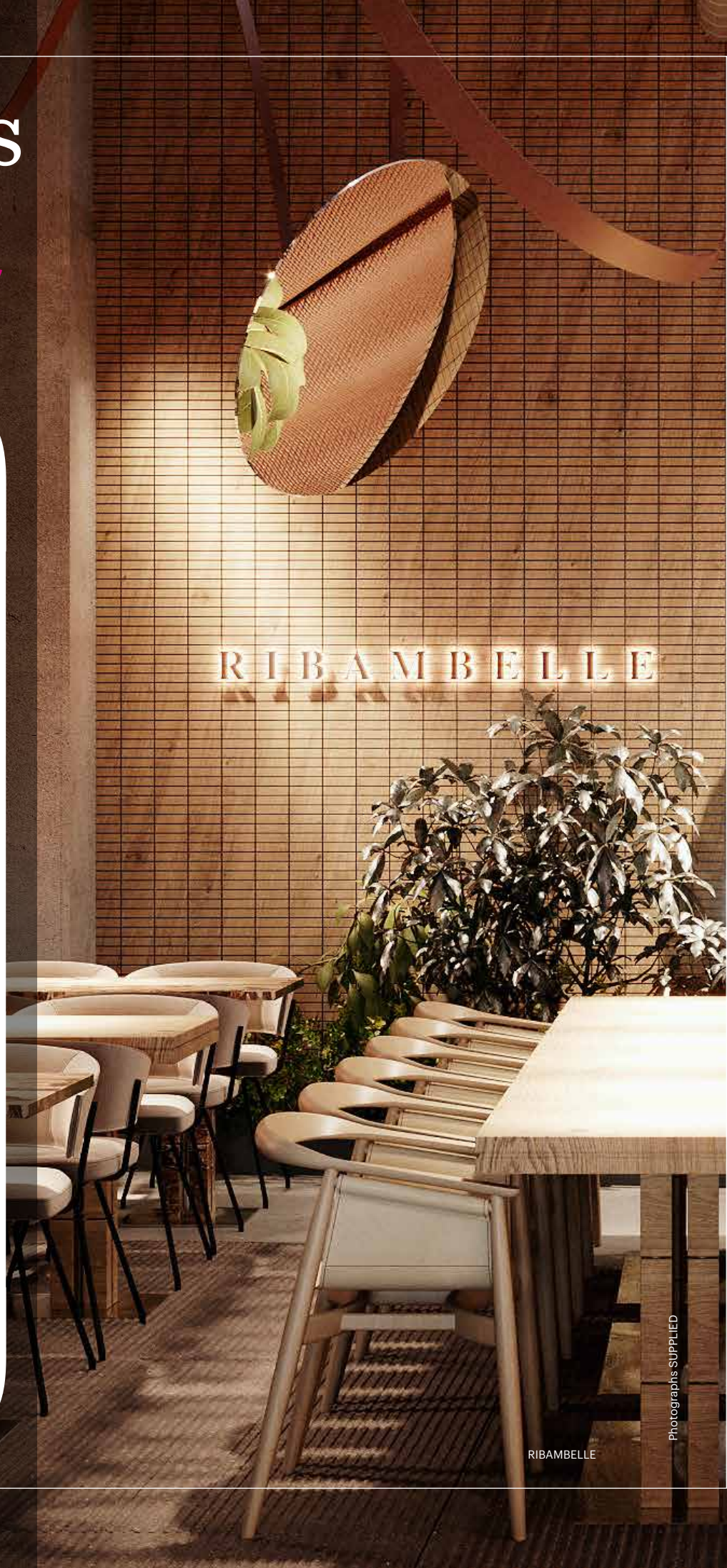
Visit ribambelle.ae.



➤ BORD EAU BY NICOLAS ISNARD

Michelin-starred Chef Nicolas Isnard brings his innovative French cuisine to the capital with the launch of Bord Eau by Nicolas Isnard at the Shangri-La Qaryat Al Beri. From the reimagined French favourite, Modern onion soup 2.0, to the vibrant tastes of Thailand showcased in a delectable Duck breast dish complemented by corn, passion fruit, black garlic, and a velvety peanut sauce, Isnard will showcase his skills honed at renowned establishments in his native south of France.

Visit shangri-la.com/abudhabi/shangrila.



RIBAMBELLE

Photographs SUPPLIED



EXPOCITY DUBAI

Expo City Dubai introduces a new brunch experience, Brunch City, where guests can indulge in the offerings of six of the city's top F&B venues in one day. Guests can immerse themselves in a diverse culinary landscape, featuring innovative concepts and creations from renowned chefs, while enjoying live music, magicians, and entertainment across venues. Highlighted venues include Alkebulan, offering a taste of African culture by Chef Alexander Smalls; Philly Jawn by Ghostburger, serving towering smash burgers and sandos; Gup & Shup, presenting authentic Indian street food by Chef Rohit Ghai; and Assembly Mezze & Skewers, featuring Eastern Mediterranean dishes by Chef Athanasios Kargatzidis.

Until June 8. Saturday, from 1-4pm. From AED199 per person. Visit expocitydubai.com/en/feat-and-drink.

AZURE BEACH

The Evening Pool Brunch debuts at Azure Beach, situated within Rixos Premium Dubai JBR, featuring an array of delectable dishes such as Salt and pepper squid, Spanish croquettes, and Chicken satay, complemented by an extensive selection of beverages. A resident DJ ensures a lively ambience, while guests can opt for an enhanced experience with private pool cabanas.

Sunday, from 8-11pm. AED300 per person. Contact +97152 777 9472.





➤ CARO

Diners can now indulge in the ultimate Sunday dining experience featuring succulent 30-day dry-aged beef. Skilled chefs carve guests' preferred cuts of beef at their table, accompanied by classic trimmings. The meal includes a mouthwatering array of sides including cauliflower cheese, honey-glazed parsnips, carrots, braised red cabbage, Yorkshire pudding, and pulled slow-cooked beef cheek alongside generous servings of beef gravy for a perfect dining experience.

Every Sunday, from 12-4pm. From AED200 per person. Contact +97158 118 3800.



➤ TERRA EATERY

The modern Mediterranean eatery unveils a creative breakfast menu at its two UAE locations, catering to various preferences from sweet cravings to healthy bites. Guests can savour breakfast amidst the tranquil patio gardens, enjoying dishes like Turkish eggs, Eggs Benedict with zesty yuzu Hollandaise, Frittata, and Scrambled eggs pot, along with health-conscious choices such as the Terra bowl packed with quinoa and mixed leaves, while indulgent treats like French toast with apple compote and Sweet flatbread with ricotta and honey provide a delightful start to the day.

Visit terra-eatery.com.



➤ BUDDHA-BAR

Discover the revival of the highly anticipated Buddha-Bar Brunch, set to elevate your Saturday afternoons with a fusion of Pan-Asian flavours, captivating entertainment, and a vibrant atmosphere in the heart of Dubai Marina. Indulge in a delectable array of Pan-Asian cuisine and handcrafted beverages, meticulously prepared to kickstart your weekend on a high note. From savoury starters including Buddha Bar chicken salad to main courses featuring Seabass, Corn-fed chicken, or Cantonese beef, diners can conclude with the exquisite Seventh heaven Buddha-Bar dessert platter, coupled with live entertainment from resident DJs, saxophonists, violinists, and drummers.

Saturday, from 1:30-4:30pm. From AED450 per person. Contact +9714 317 6556.

MR CHOW

MR CHOW Riyadh has introduced an enticing early evening dining experience in the bustling KAFD district of the Saudi capital. The set menu features MR CHOW's signature dishes such as Potstickers, Chicken satay, and Glazed prawns with walnuts for starters, followed by Gamblers duck and Fiery beef. Vegetarian options such as Mafu tofu and Prawn and tofu Joana are also available, all accompanied by mixed vegetables and sautéed rice.

Daily, from 5:30-7:45pm.
SAR 265 per person. Contact
+966 9200 12658.



GCC

JON & VINNY'S

Renowned for its Italian American comfort food, the destination has made its debut in Riyadh, marking its first venture outside of California. The new outpost mirrors the trendy California vibe with iconic green pizza boxes and a cosy aesthetic, offering authentic regional Italian cuisine with homemade red sauce, wood-fired pizzas, and American-inspired classics like Chicken parmigiana. Diners can order fresh pasta, wood-fired pizzas, fully loaded antipasti, and grilled meats, along with a dedicated children's menu. The breakfast menu includes Breakfast pizza 2.0, Hazelnut café bombolone, and Pecan cinnamon rolls, accompanied by a variety of coffee options.

Visit Instagram (@jonandvinnydelivery).



Tried & tasted

Our top dining experiences this month

ZENON

The restaurant offers a dining experience unlike any other, blending Mediterranean and Asian flavours with cutting-edge AI technology. Upon entry, guests are greeted by an immersive fusion of art and technology, where AI-generated masterpieces adorn the walls, setting the stage for a truly unique gastronomic adventure.

The main dining area exudes opulence with vibrant colours and plush seating, complemented by lively music that sets a sophisticated tone. Beyond the dining area, a bar lounge offers an extensive drink selection and a DJ to enhance the atmosphere. Additionally, an Omakase bar and private dining area provide intimate spaces for guests to savour their favourite cuts cooked to perfection. Upstairs, a variety of seating options await, from intimate spaces adorned with pink mirrors to a VIP area offering panoramic views of

the bar and DJ, complete with holographic Greek legends.

The highlights

After perusing the menu, we started off with a selection of appetisers, starting off with the Tomato salad topped with stracciatella, figs, pine nuts, and basil was a delightful burst of freshness, with the sweetness of figs balancing perfectly against the creamy Stracciatella cheese. Stealing the show was the Salmon teriyaki roll, a menu favourite. Filled with succulent asparagus and shrimp, and topped with salmon, crispy onions and teriyaki sauce, blending the umami richness of teriyaki with the delicate seafood.

We then ventured into the Hokkaido scallops where the sweetness of the scallops was beautifully complemented by the tangy yuzu pepper and rich garlic butter. The Burnt eggplant was another



standout, dressed with soy miso glaze, feta mousse, and confit tomato, bringing out smoky, savoury, and creamy notes.

Moving on to the main course, the Rigatoni with cream reduction and caviar was an indulgent delight. The creamy reduction enveloped each rigatoni perfectly, accentuated by the luxurious touch of caviar, creating a dish that was both comforting and decadent. The Fresh catch of the day, a grilled fish fillet, was expertly cooked and served alongside creamy mashed potatoes, charred broccolini, and cherry tomatoes. For dessert, we ordered the Homemade ice cream trio featuring mango, pistachio, and vanilla flavours was equally delightful, offering a refreshing end to the meal.

Book now

Contact +9714 837 7222 or visit zenonrestaurant.com.



ZUMA DUBAI

Zuma needs no introduction to aficionados of high-end dining in Dubai. With roots in London and branches in major cities worldwide, including New York and Rome, Zuma's reputation as a contemporary Japanese restaurant precedes it.

Guests are greeted by a glass elevator ride from valet parking, leading to a formal dining room downstairs, complete with glass-fronted sushi counters, we opted for the intimate upstairs lounge. Plush ruby and crimson chairs surround low-lying tables, creating a warm and inviting ambience, enhanced by antique wood walls, flickering tea lights, and echo-free parquet floors. This inviting atmosphere is complemented by the signature "Zumesque" sound – an eclectic mix of music curated by resident DJs, a feature found in Zuma establishments globally.

The highlights

Our exploration began with the Avocado to asparagus no salad, where the crisp greens provided a refreshing base, while the creamy avocado and tender asparagus added richness and depth. Additionally, the tangy citrus notes of the lemon honey dressing perfectly complemented the salad, enhancing the overall freshness of the dish.

The appetisers arrived in quick succession, starting from the Wagyu to kinoko no gyoza showcasing delicate dumplings filled with the rich, melt-in-your-mouth wagyu beef and seasonal

mushrooms, pan-fried to a golden crisp. Equally impressive was the Ika no kari kari age, crispy squid expertly fried to achieve a light and airy texture, boasting a satisfying crunch. The final appetizer, ko ebi no tempura yuzu togarashi mayo (shrimp, green pea wasabi and chili dip), featured plump, succulent shrimp tempura complemented by the vibrant green pea

wasabi and chili dip, offering a nuanced interplay of sweet, spicy, and savoury notes.

For our main courses, we opted for the Kainomi suteiki no umedare (wagyu flap steak with pickled cucumber, umeboshi sesame) and Ebi no sumibiyaki yuzu kosho fumi jumbo (jumbo tiger prawn with yuzu pepper). The Wagyu flap steak, a cut renowned for its rich marbling, was cooked to a perfect medium-rare, ensuring a tender and juicy experience. The accompanying pickled cucumber provided a refreshing counterpoint to the richness of the meat, while the umeboshi sesame offered a touch of salty and savoury flavours. The Jumbo tiger prawn, charcoal-grilled to smoky perfection, alongside yuzu pepper, a Japanese citrus fruit with a subtle peppery kick, added a delightful complexity to the prawn's natural sweetness.

To end the night, the Special chocolate with vanilla bean ice cream, a luxurious take on a chocolate fondant, was pure decadence. This oozing chocolate cake, adorned with the iconic Zuma logo in gold chocolate font, offered a delightful contrast between the warm, gooey centre and the cool vanilla bean ice cream. Meanwhile, the Pecan pie sundae featured a layered sequence of robata sweet potato ice cream and toppings such as pecans and kokuto caramel.

Book now

Contact +9714 425 5660 or visit zumarestaurant.com/locations/dubai.



6 ways to spring clean your kitchen

Clear out your cupboards and spruce up your surfaces without expensive cleaning products – natural alternatives can provide a thrifty, green clean

words NATALIE HARDWICK

Blossoming daffodils, verdant veg boxes and baby chicks – spring is all about new beginnings and brighter times. The clocks springing forward is the impetus we need for putting behind the dark days of winter and tackling a stale kitchen that may be filled with unseasonal ingredients like Christmas mincemeat and a freezer full of soup and stew. Follow our tips for sprucing up your kitchen and enjoy the new season with a well organised, clean space to cook.

1 Love your lemons

Go eco-friendly with your cleaning approach and use lemons as a natural antibacterial bleach. If you're using lemons in cooking, don't throw away the squeezed halves – rub them over your chopping board to disinfect it, or use them to clean and deodorise surfaces.



2 Descale without fail

After a winter of endless cups of tea and coffee, chances are your kettle may have a slightly grim interior. Make the most of storecupboard vinegar by doubling it up as a descaler. As it's a weak acid, it's perfect for cleaning, disinfecting and reducing limescale and mineral deposits. Add half a cup of neat white vinegar to a kettle filled with water and leave it to sit overnight – this should remove any surface scale. If you have a chrome kettle you could also use it on a cloth or newspaper to buff up the outside.



3 Tackle the oven

It's one of the most dreaded cleaning tasks, but scrubbing the oven doesn't have to be a chore. Try using a solution of equal parts salt and bicarbonate of soda, and enough vinegar to make it froth into a spreadable paste, plus a squirt of lemon juice. Leave the paste on for a few hours, then remove gunk from the corners with wire wool, a sponge, an old toothbrush or metal scraper – you'll be surprised at how effective such a benign cocktail of products can be.



4

Go for soda

As well as being a baker's best friend, bicarbonate of soda is a magic cleaning product, too. Ditch the expensive specialist products and use bicarbonate to cut through grease in blocked sinks and remove stains from crockery and surfaces by using a little sprinkled on a damp cloth. As its alkaline, it softens hard water and cuts through grime without scratching, so it's suitable for cleaning chrome and steel. It also keeps bad smells at bay – keep your fridge pong-free by regularly wiping it with a cloth sprinkled with bicarbonate.



5 Use up dried ingredients

Some of the most common offenders when it comes to storecupboard stragglers and half-used packs are lentils, bulgur wheat and couscous. Make the most of them in a spring-friendly recipe. Lentils are perfect for salads or teamed with healthy steamed fish. Make bulgur wheat a picnic or barbecue staple – who can say no to fruity tabbouleh with grilled lamb chops. Couscous is so easy to use – just pour over boiling water, cover and leave it to absorb the liquid, before adding butter or oil and fluffing with a fork. Try adding different spices, vegetables, salad and cheese.



6

Get green-fingered

If you had the foresight to plant bulbs and seeds last year, you should be in for a bounty of brilliant spring ingredients – rhubarb, new potatoes and spring greens are all ripe for picking in April and May. However, it's not too late to plant in preparation for summer. No kitchen is too small to accommodate a few pots of fresh herbs – sprinkle a few seeds of basil, coriander and parsley into a pot of soil, keep them under a reuseable food bag or glass clear plate or bowl to germinate and expect the first leaves after around five weeks. It's also a good time to sow seeds of dwarf and climbing beans, shallots and next year's batch of asparagus.





Discover Waldorf Astoria Kuwait

Luxury meets convenience in the heart of Kuwait

Waldorf Astoria Kuwait is synonymous with opulence and sophistication. Connected to The Avenues, the country's largest retail, entertainment, and lifestyle destination, the hotel draws inspiration from its iconic counterpart in New York. The renowned Dubai-based architecture firm LW Design Group meticulously curated this property at the heart of Kuwait City, epitomising timeless luxury and refinement.

Positioned as a premier venue for both business and leisure, Waldorf Astoria Kuwait boasts an enviable location adjacent to The Avenues and a convenient 15-minute drive from Kuwait International Airport. Featuring 200 contemporary deluxe rooms and suites, Waldorf Astoria Kuwait offers spacious accommodations, complemented by a selection of award-winning restaurants, a picturesque outdoor pool, the signature Waldorf Astoria Spa, the exclusive The Ikaros Club, and the family-friendly Waldorf Astoria Kids' Club.

Earning the prestigious double Five-Star recognition by Forbes Travel Guide, Waldorf Astoria Kuwait remains the sole hotel in Kuwait to achieve this distinction within its inaugural year of operation. With meeting and event spaces, including the breathtaking Al Yasmine Grand Ballroom, Waldorf Astoria Kuwait offers a tailored experience for guests of all ages and preferences.

With a plethora of luxurious amenities and personalized service, indulge in a truly exceptional retreat catering to your every need. Whether unwinding by the pool, relishing exquisite dining options, or exploring the city's attractions, Waldorf Astoria Kuwait ensures an unforgettable escape where every detail is taken care of.

THE PERFECT SOJOURN

Experience the ultimate family getaway, where connecting rooms seamlessly blend comfort and luxury. Designed with families in mind, the hotel's spacious connecting rooms offer a haven where each member can enjoy their world while staying effortlessly connected.





Additionally, guests staying in our Ikaros Club rooms, Ikaros Club Suites, Presidential Suites, or the Royal Suite gain access to the exclusive Ikaros Club. Here, contemporary luxury meets a majestic setting, offering an exclusive dining experience from breakfast to dinner, including complimentary beverages. Club members enjoy perks such as private check-in/out, a curated selection of international newspapers and magazines, personalized concierge services for travel assistance and booking management, high-speed internet access, entry to The Library Business Centre and a private meeting room.

CULINARY EXPERIENCES

Waldorf Astoria Kuwait presents an impressive array of dining options, catering to various occasions, from formal gatherings and romantic evenings in our cabanas to casual family get-togethers and cosy café settings.

A standout among these is Ava, offering a delightful taste of Mediterranean living. Inspired by the laid-back coastal lifestyle, Ava's cuisine is characterized by its light, fresh, and impeccable flavours, showcasing the best of France, Italy, and Greece in a relaxed yet stylish setting.

ROKA, the acclaimed Japanese robata-ya restaurant, presents an authentic approach rooted in Japanese fishing culture. Embracing the tradition of cooking fresh catches on boats using various charcoals, this restaurant offers a unique sharing experience reminiscent of fishermen's camaraderie.

Other culinary venues include the Parisian-inspired Peacock Alley—a versatile space ideal for both refined and casual gatherings, including an enticing Afternoon Tea Experience. Additionally,

OXIO Poolside Lounge and Bar provides a refreshing retreat for guests seeking a break from the city, transitioning into an evening destination offering Levantine cuisine as the sun sets.

TIME TO UNWIND

Relax and beat the heat in our lavish pool area, where private cabanas offer ultimate tranquillity, particularly in the evenings. Guests can elevate their stay with a visit to the Waldorf Astoria Kuwait Spa, where a range of wellness experiences are designed to promote relaxation, rejuvenation, and overall wellbeing. With state-of-the-art facilities, a team of highly skilled therapists, and a selection of premium treatments and services, guests can indulge in a truly incredible spa experience.

Our tailored treatments, enriched with unique local ingredients and featuring world-renowned products from Tata Harper and AMRA, cater to a variety of wellness and beauty needs. Exclusive membership packages at Waldorf Astoria Kuwait Spa offer a host of benefits, including unlimited access to thermal spa facilities, the outdoor pool, fitness centre, Kid's Club, discounts on treatments and products, a complimentary night stay, and more. Members also have access to a private lounge area where they can relax and enjoy refreshments while awaiting their treatments.

READY TO STAY?

At Waldorf Astoria Kuwait, our meticulously crafted plans align with key events including cultural festivals and international conferences, providing unique opportunities for guests to immerse themselves in the local culture. For more updates, follow @waldorfastoriakuwait on Instagram or visit hilton.com/en/hotels/kwiwawa-waldorf-astoria-kuwait/



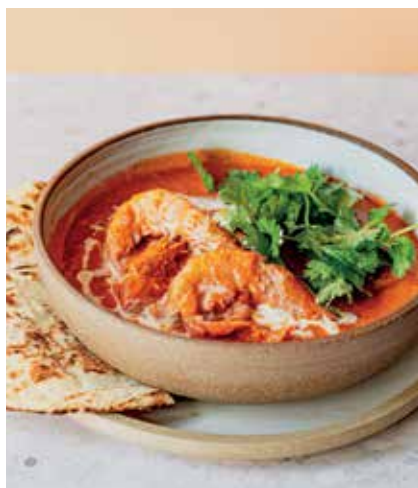
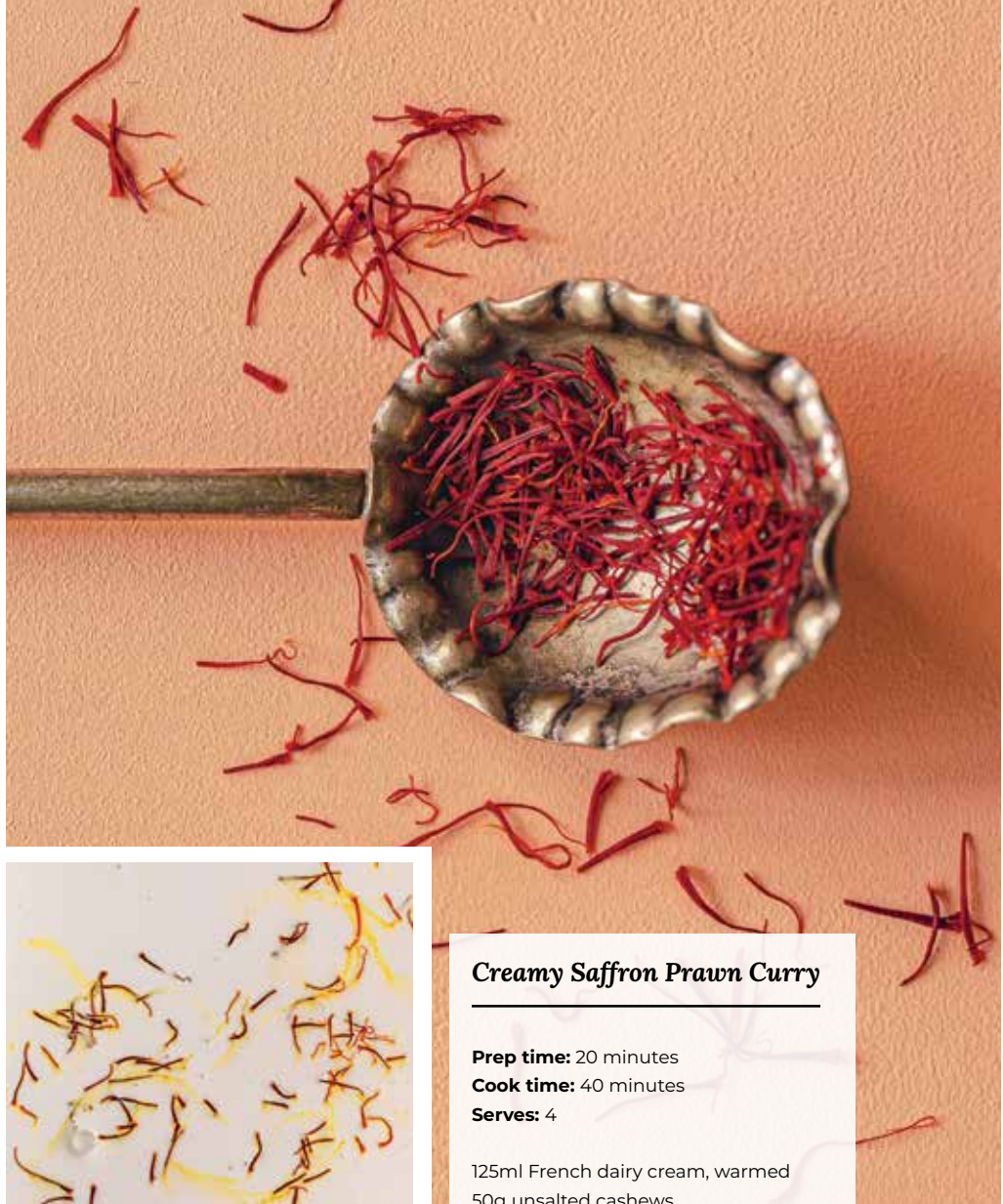


Travel with dairy cream to *India*

If the rich, comforting taste of dairy cream evokes a particular scene, it is surely the green pastures of Northern Europe, especially France.

So, what happens when that familiar flavour is introduced to another? Used widely in cooking, **cream absorbs the distinctive essences of spices, flowers, plants, and herbs from diverse cultures and cuisines.** Acting as a globe-trotter on the palate, it takes us from the rolling fields of **rural France** to dazzling and diverse destinations such as India.

Vivid purple saffron flowers thrive in the temperate regions of Jammu, Kashmir, and Himachal Pradesh. Cultivating *crocus sativus*, the saffron plant, requires high-altitude sunlight. Harvesting is labor-intensive, with stigmas hand-picked at dawn, dried, and pruned to produce the valuable reddish-golden spice. **In India, saffron holds cultural significance**, symbolized in the national flag and holy robes. **It's a crucial flavor in Indian cuisine**, particularly in dishes like korma.



Creamy Saffron Prawn Curry

Prep time: 20 minutes

Cook time: 40 minutes

Serves: 4

125ml French dairy cream, warmed
50g unsalted cashews
60ml warm water
A pinch of saffron strands
2 tbsp oil
1 large leek, finely chopped
2 garlic cloves, minced
2.5cm piece of ginger, grated
2 green chillies, chopped
2 tsp ground coriander
1 tsp ground cumin
½ tsp turmeric powder
½ tsp red chilli powder (adjust to taste)
1 ¼ tsp ground cardamom
1 ¼ tsp ground cinnamon
240ml tomato puree
400ml vegetable stock
Salt, to taste
250g prawns, peeled and deveined

To serve

Fresh coriander leaves, for garnish
4 naan breads, for serving



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easy

Delicious, simple, and
easy-to-make recipes



dinner for
lunch tomorrow **p26**



last bite
perfect for tea **p38**



midweek meals
free-from dinners **p20**



quick & clever
meatballs **p34**

midweek meals

**COOK
SMART**

free-from dinners

Make meals everyone can enjoy, all of which avoid common allergens

recipes HELENA BUSIAKIEWICZ

photographs MYLES NEW

We've created a full week of meals that are not only packed full of flavour and nutrients, but are also free of the most common allergens, including nuts, eggs, dairy, gluten and sesame. Plus, the meal plan uses up all the fresh ingredients, resulting in better value and less waste.

When using shop-bought products such as bread and pasta, always check the labels to ensure there's been no cross-contamination with other allergens. If you're in doubt, contact your healthcare professional.

**Spicy rice noodle salad
with smoked mackerel**



Juicy prawn &
lemongrass burgers

Spicy rice noodle salad with smoked mackerel

The spicy dressing provides pleasant heat, but you can use less chilli if you prefer.

SERVES 2 **PREP** 15 mins
COOK 5 mins **EASY**

120g rice noodles
1 tsp reduced-salt tamari
10g ginger, peeled and finely grated
1 lime, zested and juiced
1 tbsp honey
10g coriander, roughly chopped,

plus a few whole leaves
1 red chilli, finely chopped (deseeded, if you like)
1 carrot, cut into matchsticks
½ cucumber, cut into matchsticks
1 spring onion, shredded
80g edamame (or use regular soya beans or peas)
2 smoked mackerel fillets (we used peppered fillets)

1 Cook the rice noodles following pack instructions, then rinse under cold running water and set aside. Whisk the tamari, ginger, lime juice

and zest, the honey, coriander and chilli together. Season with salt.

2 Add the carrots, cucumbers, spring onion, edamame and cooled noodles to the dressing, and toss well to combine.

3 Divide the noodle salad between two bowls and flake over the smoked mackerel fillets. Scatter over a few coriander leaves to serve.

GOOD TO KNOW folate • fibre • vit c • omega-3 •
2 of 5-a-day • gluten free
PER SERVING 617 kcs • fat 23g • saturates 4g •
carbs 70g • sugars 15g • fibre 8g • protein 29g
• salt 1.8g

Juicy prawn & lemongrass burgers

Make these lighter burgers for any late-spring gatherings – they're great for pescatarian diets, too.

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY**

200g raw king prawns, shelled and roughly chopped
1 spring onion, roughly chopped
½ tbsp lemongrass paste
2 garlic cloves, grated
½ red chilli, finely chopped
10g coriander, roughly chopped
2 gluten-free vegan burger buns, split
1 tbsp sunflower oil
½ cucumber, peeled into ribbons (avoiding the seeded core)

½ lime, juiced
2 tbsp vegan sriracha mayo, to serve (optional)

1 Put a quarter of the chopped prawns in a small bowl and set aside, then tip the rest into the bowl of a food processor. Add the spring onion, lemongrass paste, garlic, chilli and coriander, then pulse to a paste. Stir in the reserved chopped prawns and season well.

2 Form the mixture into two chunky burger patties using dampened hands and set aside on a sheet of baking parchment.

3 Heat a frying pan over a medium heat and toast the cut sides of the buns until golden. Remove from the pan and set aside on two plates. Drizzle in the oil and, once

shimmering, cook the prawn patties for 3-4 mins on each side, covering with a lid on for the final minute, until golden and cooked through.

4 Meanwhile, combine the cucumber ribbons with the lime juice and a pinch of salt. Set aside.

5 Spread the vegan mayo over the base of each burger bun, if using, then top with a prawn patty, some cucumber pickle and the bun tops. Serve straightaway.

GOOD TO KNOW low cal • fibre • vit c • 1 of 5-a-day •
gluten free
PER SERVING 352 kcs • fat 12g • saturates 1g •
carbs 44g • sugars 8g • fibre 6g • protein 14g • salt 1.7g



Aglio e olio with sundried tomato breadcrumbs

You'll make slightly more sundried tomato breadcrumbs than you need, but they freeze well and leftovers are delicious on our mushroom toasts. The addition of spinach here also contributes to your five-a-day.

SERVES 2 **PREP** 5 mins

COOK 15 mins **EASY** **V**

- 2 sundried tomatoes (about 35g), finely chopped, plus 3¹/₂ tbsp of the oil from the jar
- 1 slice of gluten-free sourdough, blitzed to breadcrumbs in a food processor
- 200g gluten-free spaghetti
- 3 large garlic cloves, thinly sliced

- ¹/₂ red chilli, finely sliced
- 160g baby spinach
- 10g flat-leaf parsley, finely chopped

- 1** Heat 1 tbsp of the sundried tomato oil in a medium frying pan over a medium heat and, once shimmering, fry the sundried tomatoes for 1-2 mins until sizzling and fragrant. Add the breadcrumbs and toast for 4-5 mins, stirring continuously until golden and crisp. Season lightly and transfer to a heatproof bowl.
- 2** Cook the spaghetti in a pan of lightly salted boiling water following pack instructions, then drain, reserving a mugful of the water.
- 3** Meanwhile, heat the remaining 2¹/₂ tbsp sundried tomato oil over a low heat in the same pan you toasted the breadcrumbs in. Fry

the garlic and chilli for 4-6 mins until lightly golden. Tip the cooked spaghetti into the pan, along with a splash of the reserved pasta water and the spinach. Mix well to coat the spaghetti and wilt the spinach, then season to taste.

4 Sprinkle in most of the parsley, then divide the pasta between two bowls. Sprinkle over most of the breadcrumbs and the remaining parsley, then serve. *Any leftover breadcrumbs will keep frozen in an airtight container for three months.*

GOOD TO KNOW folate • fibre • vit c • 1 of 5-a-day • gluten free

PER SERVING 720 kcs • fat 23g • saturates 3g • carbs 110g • sugars 9g • fibre 8g • protein 14g • salt 0.4g

Mushroom & butter bean toasts with crispy chorizo

When you need a speedy dinner for two, consider these moreish toasts. You can swap the butter beans for cannellini or borlotti, if you like.

SERVES 2 **PREP** 20 mins

COOK 30 mins **EASY**

65g diced chorizo

1 onion, finely chopped

150g chestnut mushrooms, sliced

400g can butter beans

10g flat-leaf parsley, roughly chopped, plus a few whole leaves

½ lemon, juiced

2 slices of gluten-free sourdough

1 garlic clove

1 Cook the chorizo in a deep medium frying pan over a low heat, stirring often until it has released its oils and crisped up, about 5 mins. Remove to a bowl using a slotted spoon, leaving the oil behind.

2 Cook the onion in the pan for 8-10 mins over a medium heat until

beginning to soften. Turn up the heat, add the mushrooms and cook for 6-8 mins until golden. Pour in the butter beans along with the liquid from the can, then rinse out the can with 50ml water and add this, too. Bring to the boil, then reduce the heat to a simmer and cook for 2-3 mins.

3 Roughly mash half the butter beans to thicken the sauce, then season well. Stir in most of the chopped parsley and squeeze in the lemon juice. Remove from the heat.

4 Toast the bread using a toaster or under a hot grill until golden, then rub over the garlic clove. Divide between two plates, then ladle over the beans. Sprinkle over the crispy chorizo and whole parsley leaves.

GOOD TO KNOW low cal • fibre • vit c • 2 of 5-a-day • gluten free

PER SERVING 403 kcals • fat 14g • saturates 4g • carbs 42g • sugars 8g • fibre 12g • protein 21g • salt 1.7g



Curried spring veggie pilaf

This is a one-pot wonder full of veg. It's a good way to clear out your freezer, as any frozen mixed veg would work well here.

SERVES 2 PREP 15 mins

COOK 50 mins EASY V

1 tbsp sunflower oil
1 onion, finely chopped
2 garlic cloves, finely chopped
1 courgette, cut into rough cubes
½ tsp ground turmeric
1 tsp cumin seeds
2 cardamom pods, bashed (optional)
1 heaped tsp medium curry powder
150g jasmine rice
75g frozen peas
80g spinach
vegan yogurt, to serve (optional)

1 Heat the oil in a flameproof casserole dish over a medium heat and, once shimmering, cook the onion with a pinch of salt for 8-10 mins until golden at the edges. Add the garlic and courgette and cook for 7-8 mins more until these are also turning golden.

2 Add the turmeric, cumin, cardamom pods (if using) and curry powder, and cook for 2 mins. Rinse the rice (ensure this is done thoroughly, as it will result in fluffier rice), then add it to the dish along with the peas, and stir to coat in the spices. Pour in 260ml water and season well. Bring to the boil, then reduce to a simmer, cover and cook for 20 mins.

3 Add the spinach (you don't need to stir it in), then cover again and cook for another 10 mins. Stir to mix in the wilted spinach and fluff up the rice, then divide between two bowls. Top with vegan yogurt, if you like.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free

PER SERVING 452 kJ
• fat 9g • saturates 1g • carbs 79g • sugars 8g • fibre 6g • protein 11g • salt 0.2g





new series

Dinner for *Lunch tomorrow*

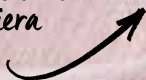
Make midweek lunches easier using this dinner recipe that gives you leftovers to reinvent with just a few simple additions

recipes AILSA BURT *photographs* HANNAH TAYLOR-EDDINGTON



MAKE TONIGHT

Garlic & parmesan
breaded chicken with
quick giardiniera



MAKE TONIGHT

Garlic & parmesan breaded chicken with quick giardiniera

SERVES 4 (with leftovers)

PREP 40 mins **COOK** 25 mins **EASY**

600g frozen vegetable mix of cauliflower, broccoli and carrots
150ml white wine vinegar
1½ tbsp caster sugar
1 tbsp dried oregano
4 tbsp olive oil, plus extra for the tray
200g dried breadcrumbs
100g plain flour
300g low-fat yogurt
4 tbsp milk
1 tbsp garlic granules
40g parmesan, finely grated
1½ tbsp dried mixed herbs
6 medium chicken breasts
boiled new potatoes, to serve

1 First, make the giardiniera (Italian-style pickled veg). Tip the veg mix into a pan, pour over boiling water, bring back to the boil and cook for 4 mins until tender. Drain thoroughly and set aside. Return the pan to the heat and pour in 150ml water, the vinegar, sugar and 1½ tsp salt. Bring to the boil and when the sugar and salt have dissolved, remove from the heat. Tip in the oregano and veg, stir, then set aside.

2 Heat the oven to 240C/220C fan/gas 9. Heat 2 tbsp of the oil in a frying pan over a medium-high heat. Toast the breadcrumbs for 3-5 mins until golden, then tip into a bowl to cool. Put the flour and yogurt in separate bowls and stir the milk into the yogurt. Combine the breadcrumbs, garlic, parmesan and herbs along with a large pinch of salt and pepper in a bowl.

3 Put the chicken breasts between two sheets of baking parchment and lightly bash with a rolling pin to around 1cm thick. Dip in the flour, then the yogurt, then the crumbs, pressing them in to stick. Put on a large oiled baking tray and drizzle over the remaining oil. Bake for 20-25 mins until cooked through and golden. Spoon over some of the giardiniera (reserving some for the lunch recipes, right) and serve with boiled new potatoes, if you like. *The chicken and giardiniera will keep chilled for two days.*

GOOD TO KNOW calcium • folate • 1 of 5-a-day

PER SERVING 571 kcal • fat 17g • saturates 5g •

carbs 44g • sugars 14g • fibre 2g • protein 59g • salt 2g

You will have enough for two lunch options using this recipe

LUNCH OPTION 1

Chicken rice bowl

SERVES 2 **PREP** 10 mins

COOK 4 mins **EASY**

250g cooked rice
1 leftover garlic & parmesan breaded chicken breast, sliced
1 lime, juiced
1 tbsp honey
10g soft herbs such as parsley or coriander, roughly chopped
1 tsp garlic granules
3 tbsp olive oil
100g can of sweetcorn, drained
1 pepper, roughly chopped
1 avocado, peeled and chopped
150g cherry tomatoes, halved
75g leftover giardiniera, roughly chopped

1 Pack the rice at the bottom of two microwavable containers and layer over the chicken slices. Combine the lime juice, honey, herbs, garlic granules, oil and some salt and pepper. Tip the sweetcorn into the dressing along with the chopped pepper, avocado, cherry tomatoes and giardiniera. Stir to combine and pack into separate containers.

2 To reheat the rice and chicken, put the container in the microwave with the lid ajar. Heat for 2 mins, then remove the lid and cook for a further 1-2 mins until piping hot. Serve with the veg and dressing spooned over the top.

GOOD TO KNOW calcium • folate • vit c • fibre • 4 of 5-a-day

PER SERVING 776 kcal • fat 36g • saturates 7g • carbs 72g • sugars 23g • fibre 9g • protein 35g • salt 0.6g

LUNCH OPTION 2

Caesar salad wrap

SERVES 2 **PREP** 10 mins

COOK 4 mins **EASY**

1 small garlic clove, or 1 tsp garlic granules
2 anchovies in oil
4 tbsp mayonnaise
15g parmesan, grated
1 tsp Dijon mustard
2 tsp leftover giardiniera pickling liquid
2 large flour tortillas

1 leftover garlic & parmesan breaded chicken breast, sliced
1 romaine lettuce, roughly chopped
75g leftover giardiniera, roughly chopped

1 Bash together the garlic and anchovies using a pestle and mortar to create a thick paste. Transfer to a bowl and stir in the mayonnaise, parmesan, mustard and a splash of the leftover giardiniera pickling liquid. Season with salt, pepper and a bit more pickling liquid, if needed.

2 Spread the dressing over the tortillas, leaving a border, then dot over the sliced chicken, lettuce and the leftover drained giardiniera. Wrap up tightly, folding the ends in so everything stays in place.

GOOD TO KNOW calcium • folate • fibre • 1 of 5-a-day
PER SERVING 722 kcal • fat 37g • saturates 7g • carbs 53g • sugars 8g • fibre 6g • protein 40g • salt 2.6g

LUNCH OPTION 3

Chicken sandos

SERVES 2 **PREP** 5 mins

NO COOK EASY

100g white cabbage, finely shredded
50g leftover giardiniera
50g mayonnaise
2 crusty rolls or 4 thick slices of bloomer
1 leftover garlic & parmesan breaded chicken breast

1 Mix the cabbage with a splash of the leftover giardiniera pickling liquid and massage in using your hands, along with a pinch of salt and pepper. Set aside. Roughly chop the remaining giardiniera and stir through the mayonnaise, adding another splash of the leftover pickling liquid. Season to taste.

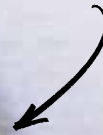
2 Spread some of the mayonnaise over the slices of the bread. Fill your sandwiches with the remaining chicken breast, cut into slices, with more mayo on top, then a handful of the cabbage.

GOOD TO KNOW calcium • folate • vit c • 1 of 5-a-day
PER SERVING 571 kcal • fat 28g • saturates 4g • carbs 46g • sugars 8g • fibre 4g • protein 32g • salt 1.1g

LUNCH OPTION 1

Chicken rice bowl



LUNCH OPTION 2
Caesar salad wrap**LUNCH OPTION 3**
Chicken sandos



Gadget genius

Love your lunches

Use the air-fryer to turn your lunchtime sandwich into something less ordinary with these filling ideas

recipes SAMUEL GOLDSMITH

photographs HANNAH TAYLOR-EDDINGTON



Air-fryer fish fingers

MAKES 6-8 PREP 20 mins

COOK 8-10 mins EASY

250g white fish loin

1 egg, beaten

75g panko breadcrumbs

sliced white bread, butter, tartare sauce or tomato ketchup, and Little Gem lettuce, to serve

1 Heat the air-fryer to 180C. Cut the fish into 3-4cm-thick lengths (the size of a classic fish finger) – you should be able to make around 6-8. Tip the beaten egg onto a plate or into a shallow bowl. Tip the panko breadcrumbs onto another plate or into a shallow bowl and season well.

2 Roll the fish pieces in the egg, gently shake off any excess, then coat in the

panko breadcrumbs. Transfer the coated fish to a plate and continue with the remaining pieces.

3 Transfer the fish fingers to the air-fryer basket, keeping them in a single layer, then cook for 8-10 mins until cooked through and golden.

4 To make a sandwich, butter two slices of bread, then spread a thick layer of the tartare sauce or ketchup over one piece. Lay 3-4 fish fingers on top, followed by a few lettuce leaves, then top with the second slice of bread.

PER FISH FINGER 64 kcals • fat 1g • saturates 0.2g • carbs 7g • sugars 0.2g • fibre 0.3g • protein 7g • salt 0.7g



Add smoked paprika, grated parmesan, or some finely chopped parsley to the panko breadcrumbs, if you like.



Air-fryer ham, cheese & egg bagel

MAKES 1 **PREP** 5 mins

COOK 15 mins **EASY**

1 bagel, halved
½-1 tbsp chilli jam or red onion chutney
25g cheddar, grated
1-2 slices of ham
1 egg

1 Heat the air-fryer to 180C. Bake the split bagel for 2-3 mins to toast it lightly. Remove from the air-fryer and make the hole in the top bagel slightly wider by cutting with a sharp knife (this is to make the egg easier to fit – if the bagel has a wide hole already this may not be necessary). Spread the chilli jam or chutney on the bottom slice, then sprinkle over the cheddar and add a slice of ham. Top with the other half of bagel and cook for 5 mins in the air-fryer to melt the cheese a little.


2 Remove the bagel from the air-fryer, then either crack the egg directly into the hole in the top of the bagel. If the egg seems a little too large, you can try lifting up the bagel slice just a little to allow some of the white to sit underneath. Put in the air-fryer and bake for 8-10 mins until the egg is cooked to your liking, the cheese has melted and the bagel is golden. Grind over a little black pepper, if you like.

PER SERVING 505 kcals • fat 17g • saturates 7g • carbs 56g • sugars 13g • fibre 2g • protein 30g • salt 2.7g



Shoot director JORDAN EDMONDS-MOORE
Food stylist PHILLIPPA SPENCE
Stylist AMY KINNEAR

Air-fryer gammon

SERVES 10-12 **PREP** 5 mins plus resting **COOK** 1 hr **EASY** 

1 unsmoked gammon joint (around 750g)
2 tbsp Dijon mustard
2 tbsp honey or maple syrup
sliced bread, butter and pineapple salsa (optional, see right), to serve

1 Remove the gammon from the fridge around 45 mins before you want to start the recipe. Combine the mustard and honey or syrup in a small bowl and season with salt and freshly ground black pepper.

Brush this all over the gammon, reserving any leftover glaze, and wrap the gammon in foil.

2 Heat the air-fryer to 160C. Put the gammon in the air-fryer and cook for 1 hr, brushing with more glaze every 20 mins if you can. The gammon should be cooked through (use a digital thermometer to check – it should read 70C). Remove and leave to rest for 10-15 mins before carving. (To recycle the foil, make sure you scrunch it into a ball before placing in household recycling.)

3 If you're making a sandwich, carve a few slices of gammon. Butter the bread, then top one slice with 1-2 tbsp pineapple salsa, layer

on the slices of gammon and top with another slice of bread.

GOOD TO KNOW gluten free

PER SERVING (12) 79 kcal • fat 3g • saturates 1g
• carbs 4g • sugars 3g • fibre 0.3g • protein 10g
• salt 1.7g

Pineapple salsa

Peel and finely dice **1 pineapple** (or use pre-sliced). Combine with **1 finely chopped red chilli** (deseeded if you prefer less heat), a **handful of finely chopped parsley**, **1/2 finely chopped red onion** or **1 small shallot**, the zest and juice of **1 lime** and **1 finely chopped medium tomato**. Season well.



Quick & clever meatballs

Comforting and ready in under an hour, these meatball recipes make the most of storecupboard ingredients

recipes AILSA BURT *photographs* MYLES NEW

*Basil & lemon
chicken meatballs*



Lemongrass & lime
pork meatballs
with pickled veg



Lentil, ras-el-hanout &
date 'meatballs' with
olive salsa



Basil & lemon chicken meatballs

Lighter than the beef equivalent, these would work well in a meatball sub. You can also use turkey mince instead of chicken, if you like.

SERVES 4 PREP 20 mins

COOK 35 mins EASY ✨

1 lemon, zested and juiced
50g fresh breadcrumbs
1 tbsp milk
50g grated mozzarella
2 tbsp sundried tomato pesto
500g chicken mince
15g basil, stems finely chopped and leaves roughly chopped
5 garlic cloves, crushed
2 tbsp olive oil
1 onion, finely chopped
400g can cherry tomatoes
pinch of sugar
cooked pasta, to serve

1 Mix the lemon zest, breadcrumbs and milk together and set aside. Mix in the mozzarella, pesto, chicken, most of the basil leaves and half the garlic. Season well with salt and pepper and mix together using your hands until evenly combined. Roll into 20 balls, around 35g, the size of ping pong balls. Heat the olive oil in a pan over a medium-high heat. Add the meatballs and give them a shake to coat in oil. Fry for 6-8 mins until browned all over. Remove to a plate.

2 Tip the onion into the pan along with a pinch of salt, and stir to coat. Cook for 8-10 mins until beginning to soften, then stir in the remaining garlic and chopped basil stems. Cook for 2-3 mins until fragrant. Tip in the can of tomatoes, then swill out the can with a good splash of water. Add that to the pan, then stir in the sugar and some seasoning. Bring to a simmer, then nestle the meatballs into the sauce.

3 Cook for 15 mins until reduced and the meatballs are cooked through. Season to taste again if needed and add more lemon juice, if you like. Spoon over the pasta and sprinkle over the remaining basil leaves to serve.

GOOD TO KNOW vit c • 2 of 5-a-day

PER SERVING 355 kcals • fat 17g • saturates 5g • carbs 14g • sugars 7g • fibre 3g • protein 35g • salt 1g

Lentil, ras-el-hanout & date 'meatballs' with olive salsa

These protein-packed lentil and oat balls are blitzed with ras el hanout for a quick and easy weeknight meal.

SERVES 4 PREP 30 mins

COOK 12 mins EASY V

1 lemon, zested and juiced
50g green olives, pitted and roughly chopped
1 large on-the-vine tomato, roughly chopped
25g parsley, finely chopped
3 tbsp olive oil
2 garlic cloves, crushed
90g porridge oats
3 medjool dates, destoned and roughly chopped
1 tbsp ras el hanout
2 x 400g cans cooked green lentils, rinsed and drained
50g feta, crumbled
jewelled couscous, to serve

1 Combine 1 tbsp of the lemon juice, olives, tomato, half the parsley and 1 tbsp of the oil in a small bowl. Season to taste and set aside.

2 For the meatballs, tip the garlic, oats, dates, ras el hanout, lemon zest and remaining parsley into a food processor and blitz until well combined. Tip in the lentils and pulse a few times until fully combined – the lentils don't have to be completely broken up. Season the mixture with a big pinch of salt and pepper and stir in the feta. Wet your hands and form the mixture into 25 small balls, around the size of ping pong balls. Set aside on a plate.

3 Heat the remaining oil in a frying pan over a medium-high heat. Add the balls to the pan and brown all over, around 10-12 mins, turning them with a spoon rather than shuffling the pan as they will be fragile. Serve over the couscous with the olive salsa spooned on top.

GOOD TO KNOW vit c • 2 of 5-a-day

PER SERVING 361 kcals • fat 15g • saturates 4g • carbs 37g • sugars 7g • fibre 11g • protein 14g • salt 1g

Lemongrass & lime pork meatballs with pickled veg

Filled with fragrant lemongrass and lime, these meatballs would be great piled into a crusty baguette the next day.

SERVES 4 PREP 25 mins

COOK 15 mins EASY ✨ 🌱

1 unwaxed lime, zested and cut into wedges
25g coriander, finely chopped
1 tbsp fish sauce
1-2 tbsp sriracha, to taste
3 tbsp lemongrass paste
2 spring onions, finely sliced
3 garlic cloves, crushed
1 tbsp caster sugar
1 tbsp cornflour
500g pork mince
1 tbsp vegetable oil
sticky rice, to serve
For the pickled veg
2 tbsp rice wine vinegar
1 tbsp caster sugar
250g carrots, peeled into ribbons or cut into matchsticks
1 cucumber, deseeded and peeled into ribbons or cut into matchsticks

1 First make the pickled veg. Stir the vinegar and sugar in a small bowl until the sugar has dissolved. Season with a pinch of salt and stir in the carrots and cucumber. Set aside.

2 Tip all the ingredients for the meatballs, except the oil, into a bowl along with a pinch of salt and pepper, and scrunch together using your hands until everything is well combined. Roll into 20 small balls, around 30g each. Heat the oil in a frying pan over a medium-high heat. Add the meatballs and brown all over, about 8-10 mins, until dark brown and cooked through.

3 Serve over sticky rice alongside the lime wedges for squeezing over, a little more sriracha, if you like, and the pickled veg.

GOOD TO KNOW 2 of 5-a-day • gluten free

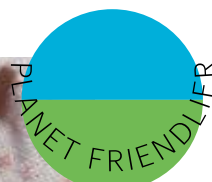
PER SERVING 320 kcals • fat 14g • saturates 4g • carbs 22g • sugars 17g • fibre 4g • protein 25g • salt 1.5g



reduce waste

love your leftovers

Get creative with the surplus ingredients from our midweek meals



Courgette fries

Got courgettes to use up after making the veggie pilaf? Whisk **2 tbsp plain flour** and **2 tbsp water** together in a medium bowl to make a thin batter. Cut **1 courgette** into chunky fries, then dip in the batter to coat. Fry in a deep pan of **vegetable oil** (ensuring it is no more than a third full) at **180C** until golden. Drain on kitchen paper, then season with salt or **grated parmesan**, if you like.

Anchovy croutons

If you have any leftover **sourdough** from the mushroom & butterbean toasts, turn it into a garnish. Cook **2 anchovies** in **4 tbsp olive oil** in a pan to melt, then toss in **200g torn sourdough chunks**. Cook over a medium heat for about 8-10 mins until crisp. Scatter over salads or soups.

Three ways with spring onions



Spring onion pesto

Blitz **4 spring onions**, **1 garlic clove**, **50g basil**, **70g walnuts** and **100ml olive oil** in a food processor. Stir in **50g grated parmesan** to make a chunky pesto, then toss through pasta or spread over toast.



Charred spring onion salsa

Cook **5 whole spring onions** in a hot, dry pan for 4-5 mins until charred and soft, then finely chop. Mix with **80g cherry tomatoes**, finely chopped, **10g chopped chives** and **50ml extra virgin olive oil**. Season well.



Spicy spring onion noodles

Mix **2 sliced spring onions**, **1 tsp chilli flakes**, **1 grated garlic clove**, a **small piece of grated ginger**, **2 tsp soy sauce** and **1 tsp crispy chilli oil** in a bowl. Warm **3 tbsp veg oil** in a pan, then pour into the bowl. Stir in cooked **udon noodles** and serve.

Confit garlic

If you have a lot of garlic left over from our midweek meals, here's how to extend its life. Put **6 garlic cloves** in a small pan with enough **olive oil** to submerge them, then season with salt and a few **thyme sprigs**. Cook over the lowest heat for 30 mins until the garlic has softened. Leave to cool, then transfer to a sterilised jar. Spoon over toasted bread, or use the oil for stir-fries. *Will keep for up to five days in the fridge.*

Perfect for a cuppa

Bake a treat and enjoy with tea
– these take less than an hour to whip up

recipe CHELSIE COLLINS photograph JAMES LEE

Cinnamon balls

These are squidgy, cinnamon balls of joy, perfect with a cuppa. They're naturally dairy- and gluten-free, too.

MAKES approx 20 **PREP** 15 mins
COOK 30 mins **EASY** V

2 egg whites
225g ground almonds
125g golden caster sugar
1½ tsp cinnamon
½ tsp vanilla paste
icing sugar, for dusting

1 Heat the oven to 160C/140C fan/gas 3 and line a large baking sheet with baking parchment. In a medium bowl, whisk the egg whites until stiff peaks form. Using a spatula, mix in all the remaining ingredients, apart from the icing sugar, along with a pinch of salt until fully combined.

2 Roll the mixture into bite-sized balls, dipping your hands into cold water for rolling so the mixture doesn't stick to your hands too much. Arrange on the prepared baking sheet, leaving space between them. They don't spread too much, but it's worth spacing them out.

3 Bake for 20-30 mins or until they start to brown a little. Keep an eye on them and check halfway through baking. Dust with icing sugar while still warm. Leave to cool before serving. *Will keep in an airtight container for up to a week.*

GOOD TO KNOW gluten free

PER SERVING 100 kcals • fat 6g • saturates 1g • carbs 7g • sugars 7g • fibre 0.1g • protein 3g • salt 0.04g





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one-pan cauliflower p40



Bring Joy

this spring p49



Grow It

cook it p61



Next Level

chocolate babka p72

weekend

Mouthwatering dishes to dig into with your family and friends

Tom Kerridge

one-pan cauliflower

Cheap to make and rich in flavour, this Indian-inspired veggie dish is a must-try

photograph JAMES LEE

If there's one vegetarian food trend in the last few years that I've been firmly behind, it's the roasting of whole vegetables, so they can be carved or portioned at the table. Long gone are the days when chefs used to chop vegetables into small pieces and try to disguise them as something else; if it says 'carrot' on my menu, you'll be getting a whole carrot on the plate that's been cooked with as much care and attention as

any piece of meat or fish. When I was working with Marcus Rashford during lockdown, I did a lot of work around cooking on a budget, and the first and easiest way to save money in the kitchen is to switch to a more vegetable-focused weekly menu. But, to keep you interested, the vegetables need to be substantial and attention-grabbing in terms of flavour, just like in my cauliflower dish (overleaf).



Long gone are the days when chefs used to chop vegetables into small pieces to disguise them



Our contributing editor Tom Kerridge is a presenter, chef-owner of restaurants in London and Marlow, and cookbook author.
✕ @ChefTomKerridge





Whole-roasted curried cauliflower & chickpeas

Any leftover cauliflower can be cut into florets, then reheated in any leftover sauce to make a quick curry. Serve with naan, if you like.

SERVES 2-3 **PREP** 15 mins
COOK 50 mins **EASY** V

1 whole cauliflower
4 tbsp olive oil
4 tbsp madras curry powder
1 tsp ground coriander
2 garlic cloves, finely grated
thumb-sized piece of ginger, peeled and finely grated
1 red onion, cut into wedges
400g can chickpeas, drained and rinsed
100ml strong vegetable stock (vegan, if needed)
400ml can coconut milk
1 lime, juiced
handful of coriander leaves, roughly chopped, to serve

1 Heat the oven to 200C/180C fan/gas 6. Put the cauliflower in an ovenproof frying pan or small roasting tin. Combine the oil, curry powder, ground coriander, garlic and ginger in a bowl to make a paste, and season with salt and pepper. Leave about 1 tbsp of the paste in the bowl and spread the rest all over the cauliflower – this is easier using your hands.

2 Toss the onions in the reserved paste, then scatter them around the cauliflower. Roast for 30 mins.

3 Once the cauliflower is starting to turn golden and the onions have softened, stir the chickpeas into the onions and pour over the stock and coconut milk. Return to the oven for 20-25 mins until the cauliflower is cooked through. Squeeze over the lime juice and stir it through the chickpeas and onions, then scatter over the coriander leaves to serve.

GOOD TO KNOW vegan • folate • fibre • vit c • iron • 2 of 5-a-day

PER SERVING 593 kcs • fat 42g • saturates 22g • carbs 32g • sugars 11g • fibre 14g • protein 15g • salt 0.3g

4 more ideas

Here are a few more ideas for whole roasted cauliflower using the same cooking temperature and timings.

•Harissa roasted

Spread **2 tbsp rose harissa** paste over the cauliflower, season and scatter over **½ tsp cumin seeds**. Roast as stated, then scatter over **chopped mint**. Serve **couscous** on the side.

•Paprika & pomegranate

Mash **4 garlic cloves** with **1 tsp smoked paprika**, **3 tbsp olive oil** and the juice of **½ lemon** using a pestle and mortar. Rub all over the cauliflower, roast as stated, then sprinkle over finely grated lemon zest and **pomegranate seeds**.

•Za'atar & yogurt

Stir **2 tbsp za'atar** with **3 tbsp yogurt** and salt, and spread all over the cauliflower. Sprinkle over an extra **1 tbsp za'atar**. Roast as stated. Serve with **shredded lettuce, chopped cucumber and celery**.

•Cauliflower cheese

Rub the cauliflower with **butter** and roast for 40 mins until golden. Mix **150g grated cheddar** with **100g crème fraîche** and **1 tbsp Dijon mustard**. Spread over the cauliflower and roast for 20 mins. Scatter with **chopped chives**.

Spanish banquet

To celebrate 25 years in the business, **José Pizarro** shares a special three-course menu that's guaranteed to impress

photographs JAMES LEE



Menu

Starter

Jamón & wild garlic croquetas

Main

Arroz con gambas y calamar

Dessert

Olive oil chocolate mousse with
PX & almond biscuits



Jamón & wild garlic
croquetas



Arroz con gambas
y calamar

Jamón & wild garlic croquetas

After they've been coated, the raw croquetas can be frozen, so you can make them ahead of time.

SERVES 6 PREP 30 mins plus 1 hr
30 mins chilling COOK 30 mins
MORE EFFORT ❄️ 🍲

150g wild garlic leaves
350g whole milk
45g olive oil or unsalted butter, plus extra for the tray and for shaping
65g plain flour
35g manchego, grated
80g jamón ibérico, chopped
1 egg
75g panko breadcrumbs
1 litre light olive or vegetable oil

1 Wash the wild garlic leaves well in a colander, then pour over boiling water from the kettle until just wilted. Immediately rinse under cold

running water, then squeeze out the excess water and finely chop.

2 Warm the milk in a pan over a low heat until just steaming. Heat the oil or butter in a second pan and, once warm or melted, stir in the flour for a couple of minutes until it starts to brown a little. Gradually add the warm milk, a little at a time, until you have a thick, silky sauce. Bubble for a minute or two, stirring to make sure all the flour has cooked out. Season.

3 Add the manchego, jamón and wild garlic to the pan, and beat to combine. Tip out onto a lightly oiled baking tray or plate, spread out then cover and chill for at least 1 hr. *Will keep chilled for up to 24 hrs.*

4 Lightly oil your hands and shape the mixture into 18-20 even-sized balls. Arrange on a baking tray and freeze for 30 mins to firm up.

5 Beat the egg in a shallow dish with a little seasoning. Tip the panko into a second dish. Dip each of the

croquetas in the egg, then turn to coat in the breadcrumbs. *At this point, the raw croquetas can be frozen for up to three months.* Pour the oil into a large, deep pan ensuring it is no more than a third full and heat to 170C, or until a cube of bread browns lightly in 30 seconds. Fry the croquetas in batches for 2-3 mins until deeply golden. *To cook from frozen, fry at 160C for a few minutes longer until they're piping hot inside.* Remove to a sheet of kitchen paper using a slotted spoon and leave to drain. Serve warm with a glass of sherry.

PER SERVING 253 kcals • fat 14g • saturates 5g • carbs 21g • sugars 3g • fibre 1g • protein 10g • salt 0.8g



tip
If you want to make these outside of wild garlic season, swap out for baby spinach, a small grated garlic clove and a handful of finely chopped chives.

Arroz con gambas y calamar

SERVES 6 PREP 25 mins
COOK 50 mins EASY 🍲

18-24 raw, shell-on king prawns (about 3-4 per person, depending on size)
2 tbsp olive oil
1 small onion or banana shallot, finely chopped
1 fresh bay leaf
good pinch of saffron
450g paella rice
2 tsp tomato purée
200ml white wine
680ml seafood stock (see tip)
3 medium squid (about 600g), cleaned and sliced

1 Peel and devein most of the prawns (a fishmonger should be able to do this for you), keeping a few whole for decoration, if you like. Heat the olive oil in a large frying pan or shallow flameproof casserole over a medium-low heat and fry the onion for 5 mins until softened. Add the bay leaf, saffron, rice and tomato purée, and cook for 1-2 mins more, stirring.

2 Pour in the wine and bubble for 1-2 mins, then pour in the seafood stock and 150ml water. Cook for 5 mins, then add the squid, season well and stir to combine. Bring to the boil, then cover and reduce the heat to a gentle simmer. Cook for 12 mins more, adding a little more water if the mixture starts to look dry.

3 Uncover the pan and stir through the peeled prawns, then arrange any whole prawns on top of the rice mixture. Cover again and simmer for a further 5-6 mins until the prawns are pink and cooked through. Leave

to stand for a couple of minutes before serving from the pan.

GOOD TO KNOW low fat • low cal
PER SERVING 455 kcals • fat 8g • saturates 2g • carbs 63g • sugars 3g • fibre 1g • protein 27g • salt 1.8g




Make your own seafood stock

I've used my Epicure José Pizarro seafood stock in this recipe, which creates rich flavour. But, if you want to use the prawn shells, you can easily make your own seafood stock. Fry finely chopped onion, carrot and celery in olive oil, then add the prawn shells and fry for a few minutes more. Pour in 600ml water and simmer for 10 mins, pressing on the shells to extract more flavour. Strain the stock, pressing out as much liquid from the shells as you can, then season.

José Pizarro is a Spanish chef and cookbook author with restaurants across London. He hosts food experiences at an exclusive property in Andalusia, and is a regular on BBC One's *Saturday Kitchen*. @jose_pizarro

Olive oil chocolate mousse with PX & almond biscuits

SERVES 6 **PREP** 25 mins
plus at least 3 hrs chilling
COOK 20 mins **EASY** 

170g dark chocolate (at least 70% cocoa solids), broken up
4 eggs, separated (about 130g egg whites and 60g yolks)

50g caster sugar
3 tbsp Pedro Ximénez sherry
60ml extra virgin olive oil
75ml double cream

For the biscuits

175g plain flour
25g ground almonds
½ heaped tsp bicarbonate of soda
125g light brown soft sugar
1 egg
1 lemon, zested
1 tsp vanilla bean paste
100ml extra virgin olive oil
18 whole blanched almonds

1 Melt the chocolate in a heatproof bowl over a pan of simmering water (ensuring the bowl doesn't touch the water) or in short bursts in the microwave. Cool completely.

2 When the chocolate has cooled, put the egg yolks and caster sugar in a bowl, and beat using an electric whisk until pale and fluffy, about 3-4 mins. Fold in the sherry and olive oil, then gradually stir in the melted chocolate and cream.

3 Whisk the egg whites in a clean bowl using an electric whisk until they just form stiff peaks. Stir a spoonful of the whipped egg whites into the chocolate mixture to loosen, then gently fold in the rest of the egg whites, being careful not to knock out too much air. Divide the mousse between six ramekins or glasses. Chill for at least 3 hrs or overnight.

4 For the biscuits, tip the flour, almonds, bicarb and sugar into a bowl, and mix together. Make a well in the centre and add the egg, lemon zest, vanilla and olive oil. Mix together, then chill for 10-15 mins. Heat the oven to 180C/ 160C fan/gas 4.

5 Line two baking sheets with baking parchment. Roll the biscuit dough into 18 small balls, then arrange, well spaced apart, on the

sheets and press down to flatten slightly. Top each one with a blanched almond and bake for 15 mins until lightly golden. Leave to cool on the sheets for 10 mins before transferring to a wire rack to cool completely. Serve the mousse with the biscuits and a small glass of sherry, if you like.

PER SERVING 521 kcal • fat 39g • saturates 14g • carbs 33g • sugars 23g • fibre 3g • protein 8g • salt 0.3g



tip

You can make an indulgent mousse using just extra virgin olive oil, but the cream helps create a light and fluffy texture. It's worth investing in the olive oil as it's the hero of the dish – one that has peppery notes provides a really wonderful flavour.



Where Mythology Meets Gastronomy

Future-forward dining awaits guests at Zenon

HOKKAIDO SCALLOPS WITH GARLIC BUTTER, YUZU AND PEPPER

Serves 2

GARLIC YUZU BUTTER

1kg cubes of unsalted butter
5 cloves of fine-chopped garlic
150g white miso paste
5 tsp light soy sauce
500ml whipping cream.
50g fine salt
100g yuzu kosho
15g asanori

- Melt the butter and add all other ingredients to it.
- Roll each 100g of butter mix in cling film and keep in the fridge for 24 hours, this will allow for a thick roll.

HOKKAIDO SCALLOPS

2 fresh Hokkaido scallops
(any other type of scallops will work)
2 tsp fine chopped chives
20g garlic yuzu butter
1 tsp Shichimi shili or paprika

- For the scallops, remove the meat from the shell and clean all the excess, for this recipe, we will need only the white part of the scallops.
- Season the scallops with salt and pepper and pan sear each side for about 3 mins

Step into Zenon

Inspired by ancient mythology, this futuristic concept seamlessly blends opulence with advanced technology. Experience a gastronomic journey, where Mediterranean flavours marry exotic Asian

influences, utilizing the freshest ingredients. Rooted in the name of Zeus, Zenon symbolizes the union of heaven and earth, offering a modern and timeless ambience where tradition meets innovation. With an exclusive VIP area and an expansive outdoor terrace, Zenon is an unforgettable dining and entertainment experience where the future of fine dining begins.

on each side, place back in each shell and cover with 20g of butter.

- Finish in the oven for 5 min at 190C and top with chives.



Bring joy this Spring

Gather friends and family together to share delicious food
and create warm memories – our recipes will keep the
celebrations going all the way through the long weekend

recipes GOOD FOOD TEAM *photographs* MYLES NEW & LIAM DES BOIS

Veggie centrepiece

Asparagus, rocket, caper & hollandaise tart

Our unctuous tart showcases seasonal asparagus, teamed with creamy hollandaise and a tangle of rocket on top for peppery freshness.

Ailsa Burt

SERVES 6-8 **PREP** 30 mins plus 1 hr
30 mins chilling and cooling
COOK 1 hr **MORE EFFORT** **V**

1 bunch of asparagus (about 250g),
trimmed
4 eggs
250g butter
½-1 tbsp vinegar, such as sherry
or white wine
¼ tsp ground mace
1 tbsp capers, drained
10g parsley, finely chopped
30g rocket

For the pastry
200g plain flour, plus extra
for dusting
100g cold butter, cut into pieces
1 egg yolk (freeze the white for
another recipe)

1 First, make the pastry. Tip the flour and butter into a food processor, and blitz to fine crumbs. Alternatively, rub the butter into the flour using your fingers. Add the egg yolk and 1½ tbsp cold water, then blitz or mix until a dough comes together and forms into a ball. Shape into a disc, then cover and chill for 30 mins.

2 Roll the dough out on a lightly floured surface into a ½cm-thick circle, then use it to line a 23cm loose-bottomed tart tin, pushing it into the base and up the side. Trim any excess, then chill for another hour. *Will keep chilled for a day.*

3 Cut most of the asparagus spears into thirds, reserving 2 whole spears for decorating later. Cook the asparagus pieces in a pan of boiling water for 1 min, then drain well and immediately plunge into a bowl of iced water to halt the cooking process. Leave to cool for 15 mins, then drain well and pat dry using kitchen paper.

4 Meanwhile, heat the oven to 200C/180C fan/gas 6 with a baking sheet inside. Prick the pastry case all over using a fork, then scrunch up a sheet of baking parchment and use it to line the pastry case. Fill with baking beans, then carefully slide onto the hot baking sheet and bake for 15-20 mins until the pastry is set. Remove the parchment and beans, and bake for 5-10 mins more until the pastry is just starting to turn golden and is sandy to touch. Leave to cool slightly.

5 Separate the egg yolks and whites into two separate bowls. Melt the butter in a saucepan over a low heat, then pour into a jug. Put the yolks in a food processor and blend briefly, then, with the motor running, slowly pour in the melted butter in a thin stream until it has all been incorporated and has emulsified. (This will take 7-8 mins.) Add the vinegar and mace and blend again, then season to taste, adding a splash more vinegar, if needed. Tip the hollandaise sauce into a bowl. Beat the egg whites to stiff peaks using an electric whisk, then stir a spoonful into the hollandaise. Fold in the rest of the whipped whites in two additions, along with the capers and parsley. Spoon the mixture into the pastry case and dot over the cooked asparagus. Bake for 25-30 mins until set with a slight wobble in the centre. Leave to cool in the tin for 10-15 mins.

6 Peel the reserved asparagus spears into ribbons using a peeler. Pile the rocket and asparagus ribbons over the tart. Serve warm.

PER SERVING (8) 239 kcs • fat 14g • saturates 7g •
carbs 20g • sugars 1g • fibre 2g • protein 7g • salt 0.4g



Brunch for friends

Peanut butter-stuffed French toast

Inspired by the deep-fried French toast made famous in Hong Kong (then covered in condensed milk) our version is pan-fried for ease. If you don't like peanut butter, swap it for chocolate or biscuit spread, or your favourite jam. Helena Busiakiewicz

SERVES 4 **PREP** 10 mins
COOK 15 mins **EASY** **V**

800g loaf white farmhouse bread
4 tbsp smooth peanut butter
3 eggs
1 tbsp sugar
50ml whole milk
pinch of ground cinnamon
1 tsp vanilla extract
4 tbsp vegetable oil
5 tbsp condensed milk

1 Cut the loaf of bread into 8 slices about 3.5cm thick, then remove the crusts from each slice (blitz these in a food processor to make breadcrumbs then freeze to use in another recipe). Spread the peanut

butter over 4 slices of bread, then sandwich with the remaining slices and press down firmly around the edges to seal.

2 Whisk the eggs, sugar, milk, cinnamon, vanilla and a pinch of salt together in a shallow dish. Heat a frying pan over medium heat, then pour in the oil. Briefly dunk the bread in the egg mixture, turning to coat on both sides. Shake off any excess, then fry for 3-4 mins. Flip over and repeat until golden on both sides, then remove to a plate lined with kitchen paper (you'll need to do this in batches). To serve, drizzle over the condensed milk.

PER SERVING 695 kcals • fat 27g • saturates 5g •
carbs 85g • sugars 21g • fibre 5g • protein 24g •
salt 1.8g



Spring Saturday main

Lamb stew with fluffy rosemary & cheddar dumplings

Stretch your lamb a bit further by using it in a stew that's bulked out with pearl barley and cheesy dumplings. Or, swap lamb for mutton, hogget or goat, which are more sustainable options. Cassie Best

SERVES 4 **PREP** 35 mins
COOK 2 hrs **EASY** 🌱 🍷

600g boneless shoulder or leg of lamb, goat, mutton or hogget, trimmed of excess fat and cut into 3cm pieces
2 tbsp plain flour
2 tbsp neutral-tasting oil
75g smoked bacon lardons or pancetta
2 onions, chopped
2 carrots, cut into 2cm chunks
2 celery sticks, sliced
2 garlic cloves, crushed
75g pearl barley
2 rosemary sprigs, needles picked and finely chopped
1 tbsp tomato purée
1 tbsp Worcestershire sauce
1 tbsp redcurrant jelly
650ml chicken or lamb stock
2 bay leaves
For the dumplings
175g self-raising flour
1 tsp baking powder
2 rosemary sprigs, needles picked and finely chopped
50g cheddar, grated
100g full-fat natural yogurt

1 Season the lamb pieces and toss in the flour. Heat 1 tbsp of the oil in a large flameproof casserole dish over a medium-high heat and brown half the lamb pieces, ensuring they're deeply coloured before turning over to brown on all sides. Remove to a bowl. Repeat with the remaining oil and the rest of the lamb pieces. Be careful not to overcrowd the pan, or the lamb will steam rather than brown.

2 Fry the bacon in the pan for a few minutes, then tip in the veg and garlic. Cook for 3-4 mins more until the veg has just started to soften, then stir in the browned lamb, the pearl barley, rosemary, tomato purée, Worcestershire sauce, redcurrant jelly and stock. Season well, then tuck the bay leaves into the sauce. Bring to a simmer.

3 Cut out a circle of baking parchment that's large enough to cover the stew (this is called a cartouche, and it helps keep the meat submerged in the stew). Put this directly on the surface of the stew, then cover with the lid and turn the heat to low. Simmer for 1 hr 30 mins-2 hrs, or until the meat is tender but not falling apart.

Alternatively, transfer to a slow cooker for 6-8 hrs on low. *Once cooled, will keep frozen for up to six months.*

4 Meanwhile, make the dumplings. Weigh the flour out into a bowl and add the baking powder and $\frac{1}{2}$ tsp salt. Stir in the rosemary and half the cheddar. Make a well in the centre and tip in the yogurt, then mix to firm but pliable dough, adding a splash of water if it feels too dry. Divide the dough into 12 equal pieces and roll into balls. Chill until needed.

5 Heat the oven to 180C/160C fan/gas 4. Remove the stew from the heat, discard the cartouche and arrange the dumplings on top of the stew. Cover with the lid, transfer to the oven and cook for 20 mins. Remove the lid and sprinkle the rest of the cheddar over the dumplings. Cook for 10-15 mins more, uncovered, until the dumplings have browned and puffed up.

GOOD TO KNOW calcium • iron • 1 of 5-a-day
PER SERVING 900 kcals • fat 44g • saturates 18g •
carbs 69g • sugars 11g • fibre 5g • protein 53g •
salt 2.6g



Spring Sunday main

Crispy-skinned chicken with roasted Jersey Royals & watercress stuffing

With a bright, seasonal stuffing and new potatoes that soak up all the flavour from the chicken as it roasts, this is a lighter option for the season. It's also a simple method for a dry-brined, crispy bird. Any leftover stuffing can be topped with an egg fried in sage butter and served for brunch the next day.

Anna Glover

SERVES 4 **PREP** 20 mins plus
overnight salting **COOK** 1 hr
20 mins **EASY** 🍴

1 whole chicken (about 1.65kg)
1 tbsp fine sea salt
1.5kg Jersey Royals
400ml chicken stock (optional)
2-3 tsp cornflour, mixed with
1 tbsp water
For the stuffing
25g butter, plus extra for the dish
2 tbsp olive oil, plus extra
for drizzling and roasting
1 large leek, finely chopped
2 garlic cloves
150ml white wine, plus a splash
small handful of thyme sprigs,
plus 2 tsp thyme leaves
small handful of sage,
finely chopped
250g fresh sourdough or farmhouse
breadcrumbs
40g parmesan, finely grated
2 eggs, beaten
100g watercress, roughly chopped
1 lemon, zested and halved

1 The night before you want to cook, remove all the packaging from the chicken and pat dry using kitchen paper. Sprinkle the sea salt all over the chicken, inside and out, then put

on a baking tray or in a baking dish. Keep chilled, uncovered, overnight. (This will help the skin crisp up during roasting.)

2 The next day, bring the chicken to room temperature while you make the stuffing. Melt the butter in a frying pan over a medium heat until foaming, then add the oil. Fry the leek for 8 mins until softened, then stir in the garlic, wine, thyme leaves and sage. Simmer until most of the liquid has evaporated. Remove from the heat, season, set aside and leave to cool for a few minutes.

3 Butter a baking dish. Mix the breadcrumbs, parmesan, eggs and watercress together in a large bowl. Season, then add the lemon zest and a squeeze of lemon juice. Stir in the softened leek mix and transfer to the prepared baking dish. Drizzle over a little oil and cover with foil.

4 Heat the oven to 220C/200C fan/gas 7. Put the potatoes in a large roasting tray. Drizzle over a little oil, then toss with some seasoning to coat. Pat the chicken dry again using kitchen paper, then rub a little oil into the skin. Season with black pepper, then nestle the chicken into the middle of the tray, among the potatoes. Put the lemon halves and

thyme sprigs into the chicken cavity and roast for 30 mins.

5 After 30 mins, put the stuffing on the oven shelf under the chicken and reduce the oven temperature to 200C/180C fan/gas 6. Baste the potatoes in the chicken juices, but don't baste the chicken or the skin won't crisp up. Roast for 30-45 mins more until the chicken is cooked through – a meat thermometer should read over 70C or the juices should run clear when pierced with a knife in the thickest part. Remove the foil from the stuffing halfway through cooking to crisp up the top.

6 Leave the chicken to rest, uncovered, for 15-20 mins. Scoop the potatoes into a warmed bowl. Remove any excess fat from the roasting tray using a spoon, then tip the roasting juices into a pan and bubble with a splash of wine, the chicken stock and cornflour mixture until it has thickened slightly and you have a light gravy. Serve the chicken with the potatoes, stuffing and gravy.

GOOD TO KNOW calcium • folate • fibre • vit c • iron
PER SERVING 1109 kcs • fat 45g • saturates 14g •
carbs 94g • sugars 10g • fibre 10g • protein 70g •
salt 5.4g




Friday fish

One-pan fish with nduja & butter beans

Choose the most sustainable white fish your fishmonger has to make this dish, and, if you have time, lightly salt it to draw out some of the moisture and create a tighter, meatier texture – just remember that you won't need to salt it again before cooking.

Barney Desmazery

SERVES 4 **PREP** 15 mins plus optional chilling **COOK** 40 mins **EASY** 

4 fillets of chunky white fish (about 180g each), such as hake, pollock or coley (defrosted if frozen)
coarse sea salt (optional)
2 tbsp olive oil
1 onion, finely chopped
2 garlic cloves, finely chopped
½ tsp cumin seeds
2 tsp smoked paprika
400g can finely chopped tomatoes
2 x 400g cans butter beans, drained
large handful of parsley, chopped
1 lemon, zested and juiced, plus wedges to serve
crusty bread, to serve
For the nduja butter
1 heaped tbsp nduja
75g butter, softened
½ lemon, juiced

1 If you have time, lightly season the fish with crunchy sea salt on both the flesh and skin, then keep chilled in an airtight container up to 6 hrs before cooking. To make the nduja butter, mix the nduja with the butter and lemon juice, then set aside. *Will keep chilled for two days, but bring it to room temperature before using.*

2 If you've salted the fish, pat dry using kitchen paper (if you haven't salted the fish in advance, lightly season it before cooking). Heat the olive oil in a wide, shallow pan over a medium heat and cook the onion for 8-10 mins until golden. Add the garlic, cumin and smoked paprika, and sizzle for a minute more. Tip in the tomatoes and butter beans, and simmer for 8-10 mins until the beans are coated in a rich sauce.

3 Reduce the heat to low, stir the beans, then nestle in the fish, flesh-side up. Spread the nduja butter over the fish using the back of a spoon. Cover the pan with a lid and simmer for about 15 mins, or until the fish is just cooked through and the flesh is flaky. Remove from the heat and lift the fish out of the pan using a fish slice. Scatter most of the parsley and the lemon zest over the beans, and stir well. Return the fish to the pan to serve straight from the dish, or plate up along with the beans and scatter over the rest of the parsley. Serve with lemon wedges on the side for squeezing over.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 495 kcal • fat 25g • saturates 12g •
carbs 22g • sugars 8g • fibre 10g • protein 40g • salt 1g

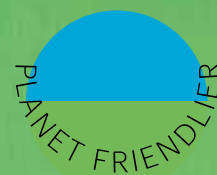




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Grow it, *cook it*



We've teamed up with **Adam Frost** of BBC Gardeners' World to bring you all you need to know about growing potatoes, plus ideas on how to cook your harvest from our food director **Cassie Best**

New potatoes

The first new potatoes of the year are a joy for both gardeners and cooks. 'First early' new potatoes crop in June and July. Second earlies (also called 'new' potatoes) take a few more weeks to mature and are harvested in July and August. Neither store for long so are best eaten fresh. New potatoes have a firm, waxy texture and earthy flavour – ideal for a potato salad.

Crispy smashed new potatoes with asparagus, jammy eggs & pickled radish

Here's a real celebration of spring produce. You can add podded broad beans or sweet peas, too, when they come into season in late spring.

SERVES 4 PREP 30 mins

COOK 45 mins EASY V

750g waxy potatoes, such as Jersey Royals, Charlotte, Anya or Pink Fir Apple

2-3 tbsp olive or rapeseed oil

250g asparagus, ends trimmed

200g radishes, finely sliced

1 tsp caster sugar

1 lemon, juiced

4 eggs

1 tbsp capers

For the dressing

1 lemon, zested

1½ tbsp Dijon mustard

2 tbsp extra virgin olive oil

2 tbsp red wine vinegar

100g soured cream or natural yogurt

100g mayo

1 small garlic clove, grated

small bunch of dill, chopped, plus a few sprigs to serve

1 Put the potatoes in a large pan, cover with water and season well with salt. Bring to a simmer and cook for 10-12 mins, until the potatoes are cooked – a sharp knife should slide easily into one of the

larger ones. Drain and leave to steam-dry for a few minutes.

2 Heat the oven to 200C/180C fan/gas 6. Drizzle a baking tray with 1 tbsp of the oil and put in the oven to heat up for a few minutes. Tip the potatoes onto the hot tray. Slightly crush each one using a potato masher to increase their surface contact with the baking tray and create crispy bits. Drizzle with a little more of the oil and season well. Cook for 45 mins, turning halfway, until golden and crispy. Toss the asparagus in seasoning and the remaining oil, then add to the tray for the last 10 mins of cooking.

3 Meanwhile mix the ingredients for the dressing in a small bowl and set aside. In a separate bowl, mix the sliced radishes with the sugar, lemon juice and a pinch of salt, then set aside to lightly pickle for at least 15 mins. Cook the eggs in a pan of boiling water for 6 mins, then transfer to a bowl of cold water until you are ready to serve.

4 Tip the potatoes and asparagus onto a platter. Drizzle over the dressing and scatter the pickled radishes on top. Peel the eggs and cut each one in half, then arrange them on top of the potatoes and asparagus. Scatter over the capers and dill sprigs and season with a twist of cracked black pepper.

GOOD TO KNOW folate • vit c • iron • 1 of 5-a-day
PER SERVING 585 kcals • fat 42g • saturates 8g •
carbs 34g • sugars 7g • fibre 5g • protein 16g •
salt 1.2g



ADAM'S ADVICE ON GROWING YOUR OWN

Growing season

● First early potatoes can be planted from mid-March, while second earlies should be planted a couple of weeks later. However, planting times vary across the country.

Planting out

● Early or salad potatoes can be grown in the ground, or in large pots and bags. Polypropylene potato growing bags are designed especially for this purpose and are handy if you're short of space. When growing potatoes in the ground, plant earlies and salad types 12cm deep and 30cm apart, with 60cm between rows.

Harvest

● First early potatoes are harvested in June and July, when the plants are still flowering and the potatoes are egg-sized. Cut the potato plants (haulms) to the ground, then gently prise the plants out of the ground with a fork. These potatoes don't store well, so dig them up as and when you want to eat them. Second earlies are harvested in July and August in the exact same way as first earlies.



Adam Frost is an award-winning British garden designer and presenter on BBC Two's *Gardeners' World*. He also appears on BBC coverage of the RHS Flower Shows. @adamfrostdesign
• For more tips on growing your own, visit gardenersworld.com

Maincrop potatoes

The larger, fluffier spuds we use for roast potatoes, chips and jackets are known as maincrop potatoes to gardeners. These need longer to grow than the pearly new potatoes. Never eat potatoes raw or if they have green patches – green potatoes contain a chemical called solanine, which can cause severe stomach pain.

Scalloped garlic, lemon & cream potato gratin

Layering the potatoes sideways creates a crispy topping here. We've added thinly sliced lemon, too, which perfumes the potatoes. The way they're cooked means they soften and mellow in flavour, too.

SERVES 6-8 **PREP** 15 mins
COOK 1 hr 15 mins **EASY** **V**

1kg floury potatoes, such as Maris Piper, Desiree or King Edward
25g butter
2 garlic cloves, crushed
1 lemon, zested then very thinly sliced, pips removed
6 thyme sprigs, leaves picked
400ml double cream

1 Thinly slice the potatoes using a mandoline for best results, if you have one. (There's no need to peel the potatoes, as long as they've been well washed to remove any mud.)
2 Put the potato slices in a large bowl and pour over a kettle of freshly boiled water. Leave submerged for 2-3 mins. If the potatoes were sliced using a knife,

they will be thicker, so soften them for at least 3-4 mins.

3 Butter a baking dish (ours measured 20 x 28cm) using half the butter. Drain the potatoes well, leaving them to steam-dry in the colander for a few minutes. Mix the garlic with the lemon zest, most of the thyme, cream and some salt and pepper in a large bowl. Add the potato slices and toss until they're well coated.

4 Heat the oven to 180C/160C fan/gas 4. Stack the potato slices in the dish vertically, until the dish is full but not too tightly packed. Pour over any remaining cream from the bowl. Tuck the lemon slices between the potatoes, at roughly even intervals, and dot the remaining butter over the top. Scatter with the remaining thyme leaves.

5 Cover with foil and bake for 50 mins, then remove the foil and bake for another 20-25 mins, until cooked through and golden brown.

GOOD TO KNOW gluten free

PER SERVING (8) 361 kcal • fat 29g • saturates 18g • carbs 20g • sugars 2g • fibre 2g • protein 3g • salt 0.1g



ADAM'S ADVICE ON GROWING YOUR OWN

Growing season

- Maincrop potatoes are usually planted in April and need to stay in the ground longer. Planting times vary – in warmer regions, you can plant a second batch in late summer, which will yield a crop for Christmas.

Planting out

- 'Seed potatoes' are small potato tubers rather than seeds, available from late winter. Home-grown potatoes do well in all types of soil, but the richer the better, so dig in well-rotted organic matter, such as garden compost. An open, sunny site is best. Water regularly, especially during warm, dry spells. Use a spade or hoe to cover the shoots with soil to stop the tubers turning green and inedible. This is called 'earthing up'. Leave the top few centimetres poking out the top.

Harvest

- Do this from August to October, when the leaves on the plants have turned yellow and died. Choose a dry day so they store better. Cut the plants to the ground and dig up the potatoes.



Sweet potatoes

A member of the morning glory family rather than the potato family, these grow on vines and become red, white or purple potato-like tubers. They're rich in vitamins C and A, carotenoids, potassium and fibre. The shoots and leaves can be eaten like spinach, too.

Baked sweet potatoes with whipped feta, spiced chickpeas & green tahini

This recipe takes the humble jacket potato up a gear with contrasting flavours and punchy textures. Purple sweet potatoes are packed with nutrients, but regular sweet potatoes will work just fine, too.

SERVES 4 **PREP 15 mins**
COOK 40 mins **EASY V**

4 medium sweet potatoes (we used purple but any will work)
1-2 tbsp olive or rapeseed oil
2 x 400g can chickpeas, or a 700g jar, drained and liquid reserved
2 tsp cumin seeds
1 tsp ground coriander
1 tsp smoked paprika
pinch of chilli flakes
3 limes
150g feta
150g Greek yogurt
For the green tahini
3 tbsp tahini
small bunch of coriander, roughly chopped, a few whole leaves to serve
1 small garlic clove

1 Prick the potatoes all over with a fork, then rub with a drizzle of the oil and a pinch of sea salt. Heat the oven to 180C/160C fan/gas 4 and bake for 40 mins or air-fry for 20-25 mins until the potatoes feel tender when squeezed. (The time will vary a little depending on the size of the sweet potatoes.)

2 Meanwhile, prepare the fillings. Toss the chickpeas in a drizzle of oil, the spices and some seasoning, then tip into a small baking dish. Roast

alongside the potatoes for the final 15 mins (10 mins in an air-fryer), tossing halfway through. Cut 2 of the limes in half and nestle them cut-side up in the dish with the chickpeas for the final 5 mins.

3 To make the green tahini, blitz the tahini, coriander (including the stalks), garlic clove and the zest and juice from the remaining lime. Season and stir in 1-2 tbsp water to create a drizzling consistency.

4 Mash the feta and yogurt together with a little seasoning until smooth (or blitz in a food processor). Keep chilled until you're ready to serve.

5 Arrange the sweet potatoes on a plate, split down the length and lightly mash the flesh with a fork. Spoon a little feta yogurt into each potato, top with the chickpeas, a drizzle of green tahini and scatter over some whole coriander leaves. Serve the charred limes on the side for squeezing over.

GOOD TO KNOW folate • vit c •
1 of 5-a-day
PER SERVING 585 kcals • fat 42g •
saturates 8g • carbs 34g • sugars 7g •
fibre 5g • protein 16g • salt 1.2g





ADAM'S ADVICE ON GROWING YOUR OWN

Growing season

- Sweet potatoes do best in a warm environment – typically at temperatures of 21-26C

Planting out

- They are usually grown from slips. These are unrooted cuttings from existing plants and are available to buy via mail order from April onwards. When they arrive, put them in a jar of water for a couple of days to perk up, then pot them into moist, peat-free, multi-purpose compost, burying as much of the stem as possible to encourage plenty of roots to develop. Cover the pots with a clear plastic bag or put them in an unheated propagator until they root and show growth.

Harvest

- Sweet potatoes are ready to harvest when the leaves turn yellow and die back – around 12 to 16 weeks after planting. Make sure you harvest them before the first frosts in autumn, which can damage the tubers. They are best used immediately, but they can be 'cured' to store for a few weeks after harvesting.



seasonal

ALSO IN SEASON

Hop shoots & leaves

Barney Desmazery spotlights specialist and seasonal ingredients. This month it's the wild and cultivated hop plant.

Sprouting at a prolific speed in March and flowering in late summer, the hop plant is best eaten in April with its shoots and young leaves. Hops can be cultivated as a climber or found wild. It dominates any hedgerow space and can go from nothing to more than six metres long before wilting away until another year. It's now, while the plant is young and tender, that you should harvest the shoots by cutting them to about 15cm.

Similar in appearance to very young asparagus (known as sprue), the shoots are best served in a risotto or as the filling to an omelette, in both cases wilted first in frothing butter. The young leaves are pleasantly bitter and can be added to salads raw, or wilted, along with the shoots. As the plant gets older, the leaves can be used in the same way as vine leaves to wrap around a meat or rice-based filling, and when the plant finally flowers the bug-like blossoms have a slightly citric, earthy flavour that can be infused into cream, syrups or custard for a seasonal flourish.

If you are picking hops wild, do so with an expert as the plant could be confused for something less palatable.

Recipe photographs and styling MYLES NEW | Shoot director LAURIE NEWMAN | Food stylist AMY KINNEAR

MELISSA THOMPSON

Cooks the books

Our columnist *Melissa Thompson* recreates a type of Bangladeshi street food from Dina Begum's new book

recipe DINA BEGUM

South Asia is a region that is both well-represented in the British foodscape but also in need of further delving.

While India has been a mainstay in both restaurants and cookbooks, the food of Pakistan and Bangladesh has often been misrepresented; swallowed up under the banner of 'Indian food'.

In *Made in Bangladesh*, author Dina Begum showcases the country's food in a beautiful celebration of its history and flavours. It details the nuances that separate it from its neighbours in both ingredients and the manner in which it is eaten. For instance, Bangladeshi food is eaten in courses similar to parts of Europe, rather than in unison like in the rest of the subcontinent.

Food writer and author Dina, who was born in Bangladesh and lives in the UK, writes of her early memories in the kitchen watching her mum recreate dishes she had perfected in the wood-fired stoves of Bangladesh in a British kitchen with an electric hob. How she spent hours observing her mother and eating the incredible foods created by 'antaaz' – estimated quantities rather than prescriptive measurements of teaspoons and grams – and was struck by the alchemy. Those early experiences set Dina on a lifelong mission to cook and share the food of her birthplace.

That deep-rooted love of the cuisine shines through *Made in Bangladesh*. The book showcases everything from the humble to the extravagant. Dina offers menus of dishes that are naturally complementary, and splits the book according to the seasons.

There are plenty of bharta recipes, meaning 'mixed by hand', which are what Dina describes as the 'quintessential soul food' of Bangladesh. They involve a mash of vegetables, fish or occasionally meat spiced with ingredients such as mustard oil and chillies. Begun bharta, made of smoky aubergine with chillies and onions, features few ingredients that you just

know will marry beautifully. There are lots of recipes for chops, too – croquettes filled with meats or vegetables that a mention of, in a Bangladeshi home, signifies the imminent arrival of guests.

There are plenty of plant-based and vegetarian dishes that look and sound incredible, and the meat offering is similarly enticing, such as pan-fried chicken in a caramelised onion sauce. The desserts are also delicious-sounding; creamy rice puddings and many that celebrate dairy.

The dish I chose was shingara, which are pastries filled with spiced potato. An exciting prospect because I've had these before, and I remember particularly tasty ones from a shop on Brick Lane in East London. I was always intrigued by their construction, and how the pyramid shape is achieved. Happily, alongside the recipe is a step-by-step guide, so it is less daunting to attempt.

The potato stuffing is anchored by panch phoron, also known as Bengali five-spice and made of whole fenugreek, nigella, cumin, black mustard and fennel seeds. What's noticeable is how a single ingredient can give a dish its identity. The nigella seeds immediately make this dish smell familiar.

Both the pastry and filling are straightforward and instructions easy to follow. Like pancakes, my first shingara was questionable, but by the last I felt like a pro, probably unjustifiably so, but at least I had fun.

Cooking was also straightforward and the result was a delight – crisp pastry in parts, softer in others, and very pleasing. The whole family enjoyed them and I can imagine cooking these with my daughter, too. They are happily vegan and the ingredients are easy to come by making them a winner all round.

The only question is what to cook next. Perhaps the mezbani mangsho, a slow-cooked spicy beef curry, or gorur mangshor chaap, beef cutlets. Having succeeded with these, I am feeling pretty confident.

“

Early experiences set Dina on a lifelong mission to cook and share the food of her birthplace

”



Melissa runs recipe project Fowl Mouths, striving to drive change in the food industry. She's a vocal advocate for black and minority ethnic people in this field, and in 2022 won the PPA Writer of the Year award for her work on Good Food. Her debut book, *Motherland*, is out now.

✕ @MelissaFood





Shingara (pastries with spiced potato filling)

MAKES 16 PREP 30 mins plus resting
COOK 25 mins MORE EFFORT V

vegetable oil, for deep-frying

For the pastry

225g plain flour, plus extra for dusting

4 tbsp vegetable oil

1½ tsp nigella seeds

For the filling

2 tbsp vegetable oil

2 tsp panch phoron (Bengali five-spice)

½ small onion, finely chopped

2.5cm piece of fresh root ginger, coarsely grated

2 green chillies, chopped

⅛ tsp ground turmeric

¼ tsp chilli powder

1 tsp garam masala

½ tsp ground cumin

2 baking potatoes, peeled and cut into cubes

1 To make the pastry, combine the flour, ½ tsp salt and oil in a bowl and mix together with your fingers to evenly incorporate the oil into the flour. Add the nigella seeds, then 70ml water, a little at a time (you may need more or less depending on your flour) and mix between each

addition until the dough is soft but firm. Knead for 3-4 mins, then cover with a clean cloth and rest for 20-30 mins.

2 Meanwhile, make the filling. Heat the oil in a wok or frying pan over a medium heat, then add the panch phoron. Once you hear the spices popping, add the onion and ginger, followed by 1 tsp salt and green chillies, and fry for 1 min.

3 Add the remaining spices and cook for 1 min until the onion has softened a little. Add the potato cubes and mix well to coat in the spices. Add a few tablespoons of water and bring to a simmer, then reduce the heat to low, cover with a lid and cook for 10-12 mins, or until the potato pieces have softened. Take off the heat and mash the mixture so that the potato pieces are broken up. Taste for seasoning, then transfer to a plate or shallow bowl and spread out in an even layer to cool completely.

4 Turn the dough out onto a lightly floured surface and knead well for at least 5 mins to relax the dough. Divide it into 8 equal portions and use a rolling pin to roll out each piece into an oval shape about 15.5cm in length and 9cm in diameter. Slice each oval widthways across the middle.

5 Lightly dab water along the cut edge, then, holding the pastry in your hand, make a cone shape by bringing the cut edge together, sealing it with the water, with the rounded side looking like the upside-down peak of a baseball cap. Fill the cone with about 1 heaped tsp of the potato mixture, then dab the seam created by the joined cut edges with water, bring the pastry peak over the top and press into the moistened pastry to form a pyramid shape. Repeat to make the remaining shingara.

6 Pour oil into a wok or deep frying pan to a depth of 8cm over a high heat. To check the oil is hot enough for frying, you can drop a piece of bread into it – the oil should bubble around the edges. Once the oil is hot, lower in a few shingaras and reduce the heat to low. The temperature should be between 175C-180C. Fry the shingaras for 6-7 mins, turning gently for an even golden colour, then transfer to a plate lined with paper towels while you make the remaining batches.

GOOD TO KNOW vegan

PER SERVING 133 kcs • fat 8g • saturates 1g • carbs 14g • sugars 0.3g • fibre 1g • protein 2g • salt 0.5g



Recipes extracted from *Made in Bangladesh* by Dina Begum and not retested by us.
© Photographs: Patricia Niven.

Culinary Workshops & Coffee Mornings

Want to introduce your culinary offerings, restaurant, chef or FMCG/CPG brand to our targeted foodie audience? Let **Good Food Middle East** source the perfect venue, manage the guest list and take care of everything you need to showcase your concept to our loyal community via a fun, foodie event.



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next level Holiday special

Reclaim your
weekend
Boost your
skills

Fancy a baking project over the weekend? Try this showstopping twisted loaf cake, with layers of dark chocolate and almonds

recipe BARNEY DESMAZERY photograph JAMES LEE

chocolate babka

Is it cake or bread? A traditional Jewish bake, babka is a bit of both and sits as happily alongside a morning coffee as it does an afternoon cuppa. To take our version to the next level, we've stretched out the proving part of the process to give the dough maximum flavour, then we've made it even more cake-like by filling it with a frangipane mix. We've also twisted it in a different way to give the loaf more impressive layers.

SERVES 8 PREP 1 hr 30 mins plus 5 hrs proving COOK 40 mins MORE EFFORT V

For the dough

300g strong bread flour, plus extra for dusting
½ tsp ground cinnamon (optional)
50g light brown soft sugar
5g fast-action yeast
75ml milk
2 eggs
75g butter, softened, plus extra for the tin and for proving

For the filling

100g dark chocolate, chopped
75g butter, softened
60g light brown soft sugar
50g ground almonds
2 tbsp cocoa powder
50g flaked almonds

For the syrup

50g light brown soft sugar

1 To make the dough, tip the flour into the bowl of a stand mixer with the cinnamon, if using, ½ tsp salt and the sugar and yeast. Mix using

the dough hook attachment until fully combined. Mix in the milk, then, on a medium speed, add the eggs one at a time. Mix for 5-8 mins until you have a smooth dough that comes away from the sides of the bowl. Leave the dough in the bowl for 10 mins.

2 Gradually add the butter, one or two cubes at a time, beating until fully mixed into the dough, scraping down the bowl with a plastic spatula if needed. Tip the dough into a buttered bowl or round plastic container and cover and chill overnight until nearly doubled in size. If you want to bake on the same day, leave at room temperature for about 2 hrs until nearly doubled, then chill for at least 1 hr after that – the dough needs to be well chilled for the next step.

3 Meanwhile, make the filling. Melt the chocolate in a small bowl over a pan of warm water, ensuring the bowl doesn't touch the water, or in 10-second bursts in the microwave, then leave to cool. In a separate bowl, mix the butter and sugar together, then add the ground almonds. Sift in the cocoa powder and mix in the melted chocolate along with a pinch of sea salt to create a spreadable paste.

4 Tip the dough onto a lightly floured surface and roll out to a neatish rectangle that's about 30 x 40cm. With the long edge facing you, spread the filling evenly over the dough using a spatula or palette knife leaving a thin border around the edge and scatter with the almonds. Starting with the long edge closest to you, neatly roll the dough away from you into a tight log, just like you would cinnamon rolls. If you have space in the fridge, transfer the roll, seam-side down, to

a tray and chill for 1 hr (this step isn't essential, but it helps give neat layers to the finished loaf).

5 Butter a 900g loaf tin and line with a strip of baking parchment across the middle of the tin, so that it hangs over each end. Use a sharp or serrated knife, cut the log in half lengthways, to give you two long pieces. Lay the two pieces out in parallel, then plait together until you have about 8 twists. Transfer to the loaf tin, tucking the ends under slightly, and fattening up the plait to fit. Cover with a tea towel and leave to prove at room temperature for 2-3 hrs or until risen by about half.

6 Heat the oven to 180C/160C fan/gas 4 and bake for 45 mins until dark golden – if you have a digital cooking thermometer it should read 90C when placed in the middle.

7 Make the syrup by boiling the sugar with 4 tbsp water in a small pan until the sugar has dissolved. When the babka comes out of the oven, brush liberally with the syrup, letting it soak in a little before you add more until it's all used up. Leave the babka to cool to room temperature. *Best eaten on the day it's baked, but will keep in an airtight container for two days.*

PER SERVING 536 kcs • fat 30g • saturates 14g • carbs 55g • sugars 25g • fibre 3g • protein 11g • salt 0.7g

Our top tips

KNOW YOUR DOUGH

Some babkas are made with a sweetened bread dough but we've used an enriched brioche base with eggs and butter. It means more effort, but creates a richer result.

TOFFEE TWIST

We've gone for light brown sugar over caster in the dough and the filling to give the babka a deeper taste with a slight toffee-like note.

Shoot director: FREDDIE STEWART | Food stylist: ELLIE JARVIS | Stylist: MAX ROBINSON

**LESS YEAST**

The longer yeasted doughs prove, the more complex their flavour becomes. We've used less yeast than normal to slow the proving process and let the flavours develop.

COOL IT

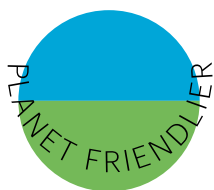
If you have time, cold-prove the dough in the fridge overnight to slow down the prove even more and give the dough more depth of flavour.

SPICE IT UP

We've added cinnamon to the flour for subtle spice. This is optional, but if you like cinnamon, you could also infuse a piece of bark in the syrup.

PINCH OF SALT

A small pinch of sea salt in the filling amplifies all the complex flavours of the dark chocolate and almonds.



How to compost food at home

Reduce your kitchen waste and grow plants at home with simple composting solutions

words ALEX RYDER

“Meal planning and composting mean we’re now living an almost zero food waste life”

The way you dispose of your food waste can have a massive impact on the environment. Have you thought about what happens to the potato peelings and bags of lettuce after you stick them in the bin? Check out our clever leftover recipes, like our veg peel fritters (see recipe, right), to use up everything you can from your kitchen. Find more inspiration at goodfoodme.com.

One way to reduce the amount of food waste going into landfill is to compost it at home. Two popular options are the bokashi system and worm composting.

Both bin systems are easy to set up and use and are readily available online (complete with everything needed to get started). I have both at home (in a flat with a balcony) and a combination of shopping little and often, meal planning and composting food waste mean that, in my house, we’re now living an almost zero food waste life. There’s no need to have both – simply choose the one which best suits your living space.

The bokashi composting system

Bokashi is an anaerobic composting system, usually made up of two bins that are each roughly the size of a waste paper

basket. It uses a special inoculated bran to ferment kitchen waste into a rich liquid compost for your plants. Each time you add a layer of waste, sprinkle it with bran, flatten it down and leave it alone, it might smell a bit pickly when you take the lid off, otherwise it shouldn’t bother you, if it does then something has gone wrong.

Occasionally, you’ll need to drain the liquid it produces, but that’s it.

What can you put in the bokashi system?

- Raw food waste – peelings, vegetable cores, fruit peel
- Cooked food including meat and bones
- Cheese
- Onions, garlic, chilli
- Citrus peelings
- Fat and oil

The benefits of having a bokashi system

- Its compact size – you don’t need a huge garden.
- It can be kept indoors – the bokashi doesn’t smell when the lid is on. At most, you might get a slight pickle

smell when the bins are close to full.

- Make your own compost – once your bin is full, make sure its lid is secure and leave it for at least five weeks. After that, neutralise the acid by sprinkling with garden lime, then dig the contents into your garden soil.

Worm composting

When my partner first suggested this, I wasn’t keen but actually, I’ve grown to love it and like to take the worms their dinner of our waste bits after I’ve finished meal prepping. The worms eat their way through food matter, progressing up through the bin’s trays leaving an incredible vermicompost. Like the bokashi, you also get liquid which can be fed to plants (tomatoes love it) and compost which can be dug into soil.

Be aware that you can’t put cooked food, meat or dairy in the worm compost bin. You also can’t put citrus or alliums in as the worms will not like their acidity. It’s also worth periodically checking that your worms are happy, if they’re clustered in the corners, something is wrong – possibly the pH balance. And if you see any slugs, get them out ASAP, they are not the worms’ friend.

Based in Bristol, Alex runs the marketing team for a sustainability consultancy by day and writes low-waste food blog, *Gingey Bites*, by night. She enjoys spending time in her garden where she grows veg and tends to a small flock of rescue chickens. @gingeybites



What can you put in the worm compost bin?

- Vegetable peelings
- Fruit and vegetables
- Waste-paper and cardboard

The benefits of worm composting

- The nutrient-rich fertiliser compost is fantastic for soil.
- The 'worm tea' is great for house plants and vegetables.
- It's fun for kids – a healthy vermiculture is incredibly interesting to observe.
- Cheap to set up and you're helping save the planet.

You'll be surprised at how little ends up in the black bin when you get a home composting system and that nutritious compost will help your house and garden plants to thrive.

Don't bin it, cook it

Try ingenious recipes that are better for the environment

Veg peel fritters

Make veg peelings the star of the show with these easy fritters. They're perfect the day after a big family dinner.

SERVES 8-10 PREP 15 mins

COOK 30 mins EASY V

500ml vegetable oil, for frying

1 egg

100g gram (chickpea) flour

½ tsp baking powder

½ tsp chilli powder

1 tsp ground cumin

1 tsp nigella seeds

½ tsp turmeric

150g vegetable peelings (we used a mix of potato, carrot and parsnip)

½ small onion, finely sliced

lime pickle, mango chutney and raita, to serve

with the egg. Tip in the gram flour, baking powder, spices and 1 tsp fine sea salt, then stir until a fairly thick paste forms. Stir in the vegetable peelings and onion. Add another splash of water to loosen if needed.

2 To check the heat of the oil, drop in a tiny speck of batter. If it rises to the surface surrounded by bubbles and starts to brown, the oil is hot enough for frying. If not, increase the heat to medium-high. Carefully lower heaped tablespoons of the mixture into the oil, a few at a time, then flatten with the back of the spoon. Cook, turning once, until evenly browned and crisp, about 3-4 mins. Drain on kitchen paper and sprinkle with a little salt. Serve warm with lime pickle, mango chutney and raita.

PER SERVING (10) kcal 120 • fat 8g • saturates 1g • carbs 7g • sugars 1g • fibre 2g • protein 3g • salt 0.6g

1 Heat the oil in a deep saucepan over a medium-low heat, ensuring it is no more than a third full. Pour 100ml of water in a bowl and mix



Banana peel breakfast cake

Use every part of the banana, including the peel, in this clever breakfast loaf. It's delicious without the whipped butter, too – toast a slice and eat with yogurt.

SERVES 10-12 **PREP** 25 mins
COOK 1 hr plus cooling **EASY** **V**

125g salted butter, softened, plus extra for the tin
4 very ripe bananas
200g golden caster sugar
2 eggs, beaten
2 tsp vanilla extract
100ml Greek-style yogurt
300g white spelt flour or plain flour
½ tsp baking powder
½ tsp bicarbonate of soda
75g walnuts, roughly chopped
For the honey peanut butter
100g salted butter, softened
3 tbsp runny honey
3 tbsp smooth peanut butter

1 Heat the oven to 180C/160C fan/gas 4. Butter and line a 900g loaf tin. Trim the ends of the bananas and discard. Roughly chop the bananas, peel and all. Blitz in a food processor or blender until smooth. Tip into a bowl and set aside.

2 Using an electric hand whisk or stand mixer, beat together the butter and sugar with a pinch of salt until light and creamy, around 4-5 mins. Beat in the eggs, one at a time, then add the vanilla, yogurt and banana. Mix in the flour, baking powder and bicarb until combined. Fold through the walnuts and gently spoon the batter into the prepared tin. Bake for 50-60 mins until a skewer inserted into the middle comes out clean. Transfer to a wire rack and leave to cool in the tin for 15 mins before removing from the tin and leaving to cool completely.

3 For the honey peanut butter, beat all the ingredients together using an electric hand whisk or stand mixer until creamy. Cut the cake into slices and spread over the butter. *The butter and cake will keep in airtight containers for five days.*

PER SERVING (12) kcal 430 • fat 24g • saturates 12g • carbs 45g • sugars 27g • fibre 2g • protein 8g • salt 0.6g



Photographs iSTOCK/GETTY IMAGES PLUS, INDEED, FRYTKA/E+/GETTY

family

Spring afternoon tea

Celebrate the arrival of the new season and
keep the kids busy

recipes & crafts CASSIE BEST *photographs* ELLA MILLER





Mini eton mess cheesecake tarts

These easy meringue-topped tarts don't require cooking, so they're ideal for young children to get involved with making.

MAKES 18 PREP 10 mins

NO COOK EASY V

75g raspberry jam or compote
18 mini pastry tart cases (about 5cm)
150ml double cream
100g soft cheese
2 tsp vanilla extract
2 tbsp icing sugar
18 mini multi-coloured meringues

1 Spoon $\frac{1}{2}$ tsp jam into the base of each tart case. Weigh the cream, soft cheese, vanilla and icing sugar out into a bowl and whisk to combine. Divide the cheesecake mixture between the tart cases by spooning or piping it on top of the jam. *If you're making ahead, chill for up to 6 hrs until ready to serve.*

2 Top each tart with a coloured mini meringue and arrange on a plate or cake stand to serve.

PER SERVING 142 kcals • fat 8g • saturates 5g •
carbs 16g • sugars 11g • fibre 0.2g • protein 2g •
salt 0.08g

Spring bouquet traybake

Turn this traybake into a floral masterpiece with some clever piping.

SERVES 20 PREP 20 mins

COOK 30 mins EASY V

150g butter, softened, plus
extra for the tin
225g caster sugar
175g self-raising flour
50g ground almonds
1 tsp baking powder
3 medium eggs
100ml full-fat natural yogurt
1 tsp vanilla extract
For the icing
200g butter, softened
1 tsp vanilla extract
400g icing sugar, sieved
1-2 tbsp milk
pink and purple food colouring gels
50g green fondant icing

1 Heat the oven to 180C/160C fan/gas 4. Butter a 20 x 30cm cake tin and line with two strips of baking

parchment, leaving one strip overhanging to help you lift the sponge out once it is cooked. Beat all the sponge ingredients together in a large bowl using an electric whisk until combined, light and fluffy, about 2 mins. Scrape into the tin and smooth to the edges with a spatula. Bake for 25-30 mins until risen and golden. Check the cake is cooked by inserting a skewer into the centre – if there's wet cake mixture on the skewer, return to the oven for 5 mins more, then check again. Leave to cool for 20 mins in the tin, then transfer to a wire rack to cool completely.

2 To make the icing, beat the butter and vanilla together in a large bowl using an electric whisk until smooth. Add half the sugar and beat well, then add the remaining sugar and the milk, and beat again until smooth. Put two-thirds of the icing in a bowl and mix in a drop of pink food colouring. Put the remaining third in another bowl and mix in a drop of purple food colouring.

3 Shape the green fondant into mini leaf shapes and press veins into them using a cocktail stick. Set aside.

4 Flip the sponge onto a plate or board and peel off the parchment. Put a large, curved star nozzle in a piping bag, then fill with the pink icing. Hold the bag directly above the cake and pipe a swirl in a clockwise motion, applying a steady pressure until you have a flower shape. Continue piping flowers over the sponge in a random arrangement until the pink icing has been used up.

5 Fill the piping bag with the purple icing (don't worry about washing it first, any remaining pink icing will add a nice effect) and fill any gaps with more flowers or individual blobs of icing. When the cake is completely covered, poke the green fondant leaves in around the flowers. Cut into squares to serve. *Will keep in a cool place in an airtight container for up to three days.*

PER SERVING 328 kcals • fat 17g • saturates 10g •
carbs 41g • sugars 34g • fibre 0.4g • protein 3g •
salt 0.4g





Lemon thumbprint cookies

With a heavy dusting of icing sugar, you can make these little lemon cookies look like fried eggs, ideal for an afternoon tea.

SERVES 50 **PREP** 30 mins plus 1 hr chilling **COOK** 15 mins **EASY** **V**

250g plain flour
85g icing sugar, plus about
2 tbsp for dusting
1 tsp vanilla extract
1 lemon, zested
150g butter, cut into cubes
2 egg yolks (freeze the whites
for another recipe)
200g lemon curd

1 Sift the flour and icing sugar into a large bowl. Add the vanilla, lemon zest and a pinch of salt. Rub the butter into the dry mixture using your fingertips until it resembles damp sand, then mix in the egg yolks. Knead everything into a smooth dough. *Wrap and chill for at least 1 hr or up to two days.*

2 Remove the dough from the fridge and leave at room temperature for 10 mins. Roll the dough into a long sausage shape and cut into 50 equal portions. Roll each portion into a ball and put on a baking sheet lined with baking parchment (you'll need two or more baking sheets). Using a wooden spoon or your thumb, make an indent in each ball.

3 Heat the oven to 200C/180C fan/gas 6. Fill the indents with $\frac{1}{2}$ tsp lemon curd each. Bake for 12-15 mins, then leave to cool completely on a wire rack. Dust the cookies with icing sugar and serve. *Will keep in an airtight container for a week.*

PER SERVING 64 kcs • fat 3g • saturates 2g • carbs 8g • sugars 4g • fibre 0.2g • protein 1g • salt 0.06g

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goodFOOD
MIDDLE EAST

Hummus veggie patch

Turn a pot of hummus into a fun vegetable patch by adding a crunchy olive breadcrumb topping and crudité's for dunking.

SERVES 6-8 PREP 5 mins

COOK 15 mins EASY V

75g brown bread (about 2 slices)
10g pumpkin seeds
25g black olives
2 x 200g pots hummus (or try one of our recipes at [goodfood.com](https://www.goodfood.com))

selection of veg crudité's (we used mini carrots, radishes and broccoli florets)
pittas, to serve

1 Heat the oven to 180C/160C fan/gas 4. Put the bread, seeds and olives in a food processor, and blitz to crumbs. Tip the crumbs out onto a baking tray and spread out in an even layer. Bake for 10-15 mins, stirring halfway through, until golden. Leave to cool. *Will keep for a day in an airtight container.*

2 Spread the hummus into a dish with a lip or shallow bowl (ours was 22cm in diameter). Scatter the olive crumbs over the hummus to cover the surface. Push most of the veg into the hummus in neat rows to resemble a veg patch – you may need to cut the bottom off some to help them stand up. Serve straightaway with the remaining veg and pittas for scooping.

GOOD TO KNOW vegan

PER SERVING (8) 196 kcal • fat 15g • saturates 0.2g • carbs 9g • sugars 1g • fibre 3g • protein 5g • salt 0.7g

Cheesy bunny buns

MAKES 12 **PREP** 20 mins plus at least 2 hrs rising **COOK** 25 mins **EASY** **V**

250ml milk, plus a drizzle
350g strong white bread flour,
plus extra for dusting
5g fast-action dried yeast
1 tsp caster sugar
drizzle of flavourless oil, like
rapeseed or sunflower
100g butter
75g mature cheddar, grated
small bunch of chives, chopped

1 Warm the milk in a pan over a low heat – if you have a thermometer, it should be around 40C, or just warm

to the touch. Tip the flour, yeast, sugar and 1 tsp salt into a large bowl.

2 Add the warm milk and mix using a wooden spoon to make a sticky dough. Tip the dough onto a work surface and knead for 8-10 mins until it feels soft and stretchy.

Alternatively, use a stand mixer fitted with a dough hook and knead the dough for 5 mins. Lightly oil the bowl and return the dough to it, then cover with a tea towel and leave somewhere warm to rise for 1-2 hrs, or in the fridge overnight, until the dough has doubled in size.

3 Tip the dough onto a lightly floured work surface and stretch into a rectangle. Use a rolling pin to roll it out to 40 x 30cm. Spread over the

butter, then sprinkle over the cheese and chives. Roll into a sausage shape.

4 Line a baking tray with baking parchment. Cut the dough into 12 equal pieces, leaving them cut-side up. Unroll the end of each bun a little, then create bunny ears by zig-zagging the strip of dough. Put the buns on the baking tray, well-spaced apart, and cover with a tea towel. Leave in a warm place for 30 mins-1 hr until puffed out a little.

5 Heat the oven to 200C/180C fan/gas 6. Brush the buns with a little milk, then bake for 20-25 mins until golden brown. *Will keep in an airtight container for two days.*

PER SERVING 217 kcals • fat 11g • saturates 6g • carbs 23g • sugars 2g • fibre 1g • protein 6g • salt 0.7g



The background of the advertisement is a detailed painting of a restaurant interior. A group of people are gathered around a round table, some seated and some standing. A man in a dark suit is playing a guitar. The room is decorated with lush greenery and flowers hanging from the ceiling. In the background, there are shelves filled with various items, possibly a display of Italian ceramics or art. The overall atmosphere is warm and elegant, reflecting the 'Italian charm' mentioned in the text.

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health



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Mediterranean diet
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5 healthy ideas
super spring greens **p86**

Healthy Diet Plan:
time for lunch **p91**

5 healthy ideas

super spring greens

Load up on greens with these nutritious recipes that make the most of seasonal veg

Spring chicken in a pot

SERVES 4 PREP 20 mins
COOK 45 mins EASY

Heat **1 tbsp olive oil** in a large, heavy pan over a medium heat and fry **1 roughly chopped onion** for 5 mins until softened. Add **500g boneless, skinless chicken thighs** and fry until lightly coloured. Add **300g small new potatoes, 425ml low-salt vegetable stock** and plenty of black pepper, then bring to the boil. Cover and simmer for 30 mins until the potatoes are tender and the chicken is cooked through. Add **350g chopped broccoli, 350g shredded spring greens, 140g petit pois** and **1 small bunch of sliced spring onions**, stir well, then return to the boil. Cover and cook for 5 mins more. Stir in **2 tbsp pesto** and warm through.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 358 kcals • fat 13g • saturates 3g • carbs 21g • sugars 7g • fibre 11g • protein 34g • salt 0.4g

Spring greens with black pepper & crème fraîche

SERVES 6 PREP 15 mins
COOK 10 mins EASY V

Cut **600g trimmed spring greens** in half lengthways, then cook in a wide, shallow pan of boiling salted water for 1-2 mins. Drain well. Combine **6 tbsp low-fat crème fraîche** in the pan with a sprinkle of salt and pepper, and bring almost to the boil. Carefully add the spring greens to the pan so they don't overlap too much, and reheat gently. Transfer the greens to a warmed shallow dish and spoon over the crème fraîche. Sprinkle with a little more pepper and serve.

GOOD TO KNOW healthy • low fat • vit c • 1 of 5-a-day • gluten free
PER SERVING 55 kcals • fat 3g • saturates 2g • carbs 2g • sugars 2g • fibre 4g • protein 3g • salt 0.1g

Spring greens with fennel & apple

SERVES 6 PREP 10 mins
COOK 5 mins EASY V

Heat **2 tbsp olive oil** in a large pan over a medium-high heat and stir-fry **1 large head of spring greens**, shredded, **1 fennel bulb**, finely sliced (reserve the fronds), and **2 green apples**, sliced into matchsticks, for 2-3 mins to wilt. Add the **juice of 1/2 a lemon**, season and cook for 1 min until the veg is tender with some bite. Sprinkle over the reserved fronds to serve.

GOOD TO KNOW vegan • healthy • low fat • folate • vit c • 1 of 5-a-day • gluten free
PER SERVING 94 kcals • fat 5g • saturates 1g • carbs 8g • sugars 8g • fibre 5g • protein 3g • salt 0.09g

Green minestrone with tortellini

SERVES 4 PREP 5 mins
COOK 25 mins EASY V

Heat **2 tbsp olive or rapeseed oil** in a large pan over a medium heat and cook **1 chopped onion, 1 small chopped leek** and **1 chopped celery stick** for 8-10 mins until soft, then stir in **3 crushed garlic cloves** and **2 bay leaves**. Add **1 litre low-salt vegetable stock**, cover and simmer for 10 mins. Add **100g shredded spring greens, 50g frozen peas, the zest of 1 lemon** and **250g spinach & ricotta tortellini**. Cover and cook for 3 mins. Season.

GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 241 kcals • fat 10g • saturates 2g • carbs 28g • sugars 6g • fibre 4g • protein 7g • salt 0.6g

Spring green tagliatelle with lemon & chive sauce

SERVES 4 PREP 10-15 mins
COOK 12 mins EASY V

Cook **400g tagliatelle** following pack instructions, adding **450g shredded spring greens** for the final 5 mins of the cooking time. Meanwhile, warm the **juice of 1 lemon** in a small pan over a low heat along with **1 tbsp Dijon mustard, 1 tbsp olive oil** and some black pepper until smooth. Drain the pasta and veg, adding 4 tbsp of the cooking water to the lemon sauce. Return the pasta to the pan. Reheat the sauce, adding **2 1/2 tbsp snipped chives**, then add the pasta, tossing together well. Divide between shallow bowls and top with black pepper, **grated parmesan** and **1/4 tbsp snipped chives**.

GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • 1 of 5-a-day
PER SERVING 465 kcals • fat 6g • saturates 1g • carbs 81g • sugars 3g • fibre 10g • protein 18g • salt 0.5g



Green minestrone with tortellini

Your
diet
decoder

All about the Mediterranean diet

What is it and what makes it so good for you? Our experts explain why this way of eating is so often talked-about

words VICTORIA TAYLOR & KERRY TORRENS

There is always a lot of talk about whether fat or sugar is the worst offender when it comes to our eating habits, but by focusing on individual dietary components, it's easy to miss the bigger picture. While it's important to understand how different foods and nutrients affect our health, a whole diet approach offers a much more helpful way of assessing the choices we make about what we eat.

With this in mind, few whole diet approaches have won as much acclaim as the Mediterranean diet (or 'MedDiet'). Victoria Taylor, senior dietitian at the British Heart Foundation, and registered nutritionist Kerry Torrens review the evidence.

What exactly is a Mediterranean diet?

The MedDiet encourages an eating pattern that includes staples from the countries around the Mediterranean, such as Spain, Greece, Italy and France. The diet is primarily plant-based with contributions from animal-based products being largely fish and poultry with a limited quantity of dairy products. The diet also includes plenty of seasonal fruit and vegetables, beans, legumes, wholegrains and low-to-moderate alcohol consumption, typically red wine.

It's thought to be the combination of all these elements that seem to bring health benefits, but one of the key aspects is the

inclusion of healthy fats. Olive oil, which is a predominantly monounsaturated fat, is most commonly associated with the MedDiet, but polyunsaturated fats are also present in the form of unsalted nuts, seeds and oily fish. While the modern version of the diet utilises a higher proportion of red meat and introduces some processed foods, the diet's primary focus remains the same – plant-based with extra healthy fats.

How does the Mediterranean diet work?

As research into the benefits of this type of diet is ongoing, there may eventually be certain foods that are found to have greater significance for health. For now, however, it seems it is the overall diet approach and the combination of foods, rather than individual foods that make this such a healthy way to eat. This makes sense, as it's true that if you are eating an unhealthy diet full of processed foods, adding one element such as olive oil is unlikely to have noticeable health benefits if that's the only change you make.

However, if you adjust your whole diet so you eat a little less meat and more fish, opt for healthy fats and eat more fruit and vegetables, then it could make a significant difference. Another important aspect of this diet is the sense of community, with meals taking centre stage around conversation with family and friends.

“Meals take centre stage around conversation with family and friends”



“People who closely follow this diet may live longer and be less likely to put on weight”



How to follow a Mediterranean diet

Rather than being a strict ‘diet’, the MedDiet is more a set of guiding principles that influence how and what you eat. Typically, fast and processed foods are out and replaced with wholefoods including fruit, vegetables, lean proteins and wholegrains, and meals are social events.

What foods to eat on a Mediterranean diet

There are no strict ‘rules’, but foods commonly found in a Mediterranean-style diet include:

- Olive oil, especially extra virgin
- Unsalted nuts and seeds including walnuts, almonds and pine nuts
- Oily varieties of fish such as sardines and mackerel
- Seafood such as prawns, squid and mussels
- Poultry
- Chickpeas, lentils and beans
- Wholegrain wheat, rice, oats and pasta

The principles of the MedDiet offer an effective, balanced and healthy approach to eating.

- Fruit including avocado, pomegranate and berries
- Greek yogurt
- Eggs
- Green leafy vegetables
- Starchy vegetables like sweet potatoes and sweetcorn
- Herbs such as basil, oregano, dill and rosemary

Which foods are less associated with the diet?

- Butter, margarine and lard
- Biscuits, cakes and pastries
- Confectionery
- White refined versions of bread, pasta and rice
- Processed meats such as sausages, burgers and bacon
- Red meats
- High-fat cheese, cream and milk

Can the Mediterranean diet be vegetarian?

It is possible to follow a vegetarian version. Many of the health benefits associated with this diet are thanks to the emphasis on whole, fresh and seasonal foods

including fruit, vegetables, wholegrains, legumes and nuts.

What drinks can I include?

Fizzy drinks, concentrated juices and cordials should be replaced with water, herbal teas and the occasional glass of red wine.

What's the evidence for the Mediterranean diet?

Research has shown it may reduce our risk of developing conditions like type 2 diabetes, high blood pressure and high cholesterol – all risk factors for heart disease. People who closely follow this diet may live longer and be less likely to put on weight. While further research is needed, early studies suggest that a Mediterranean-style diet could be associated with a lower risk of dementia. With brain-healthy foods like olive oil, fresh fruit and veg, fish, nuts and legumes central to this diet, it's unsurprising to see this link.

Does this diet work for weight loss?

The MedDiet has not been designed for weight loss, but the evidence for weight reduction and weight management over time is impressive. Analyses have shown a greater reduction of body weight and BMI compared to other diets, while studies found a reduced risk of becoming obese and gaining weight over time.

Our nutritionists' verdict

Evidence supports the use of the MedDiet for the prevention of heart disease, increasing lifespan and supporting healthy ageing. It also appears to reduce the risk of obesity and helps maintain a healthy weight. The MedDiet offers a balanced, non-restrictive eating plan that is the typical diet in two of the five so-called ‘blue zones’ – locations renowned for lower rates of disease.

The principles of the MedDiet offer an effective, balanced and healthy approach to eating.



Healthy veggie platter

Whip up a moreish, meze-style veggie platter using a variety of colourful produce.

SERVES 2 PREP 15 mins

COOK 30 mins EASY V

- 1 lemon
- 1 large red pepper, deseeded and quartered
- 1 large courgette (about 225g), sliced into 2.8mm rounds
- 1 tbsp olive or rapeseed oil, plus a drizzle
- 400g butter beans, drained and liquid reserved
- 1 tbsp tahini
- 1 garlic clove
- 2 cooked beetroot (165g, not in vinegar), sliced
- 1 tbsp chopped dill
- ½ small red onion, finely chopped
- 100g natural yogurt
- pinch of smoked paprika
- 6 pitted Kalamata olives, halved
- handful of mint leaves, chopped if large
- extra virgin olive oil for drizzling, (optional)

1 Heat the oven to 220C/200C fan/gas 7. Peel a strip of zest from the lemon and finely chop. Rub the pepper and courgette slices with a drizzle of olive oil, then arrange in a single layer on a baking tray (the pepper, skin-side down). Scatter the chopped lemon zest over the pepper, then roast for 30 mins, turning the courgettes halfway through.

2 Meanwhile, tip the butter beans into a bowl with 2 tbsp of the liquid from the can. Squeeze over the juice of the lemon that you pared the zest from, then add the tahini, 1 tbsp

olive oil and the garlic, then blitz with a hand blender until smooth, adding more liquid from the can if it's too thick. Season to taste.

3 Spoon the mixture onto plates, then top with the beetroot, dill and onion, then the courgettes. Drizzle over the yogurt, then sprinkle with paprika. Scatter over the peppers, olives and mint, then drizzle with extra virgin olive oil, if you like.

GOOD TO KNOW healthy • gluten free

PER SERVING 375 kcals • fat 16g • saturates 3g • carbs 34g • sugars 19 • fibre 15g • protein 17g • salt 0.6g



Quick chicken hummus bowl

SERVES 2 **PREP** 10 mins
NO COOK EASY

200g hummus
1 small lemon, zested and juiced
200g pouch cooked mixed grains
150g baby spinach, roughly chopped
1 small avocado, halved and sliced
1 cooked chicken breast, sliced
100g pomegranate seeds
½ red onion, finely sliced
2 tbsp toasted almonds

1 Mix 2 tbsp of the hummus with half the lemon juice, the lemon zest and enough water to make a drizzly dressing. Squeeze the grain pouch to separate the grains, then divide between two shallow bowls and toss through the dressing. Top each bowl with a handful of the spinach.

2 Squeeze the remaining lemon juice over the avocado halves, then add one half to each bowl. Divide the chicken, pomegranate seeds, onion, almonds and remaining hummus between the bowls.

GOOD TO KNOW healthy • folate • fibre • vit c • iron •
3 of 5-a-day • gluten free
PER SERVING 779 kcals • fat 47g • saturates 4g •
carbs 49g • sugars 10g • fibre 14g • protein 34g •
salt 1g



Prawn & harissa spaghetti

SERVES 2 **PREP** 5 mins
COOK 15 mins **EASY**

100g long-stem broccoli, cut into thirds
180g spaghetti
2 tbsp olive oil
1 large garlic clove, lightly bashed
150g cherry tomatoes, halved
150g raw king prawns
1 heaped tbsp rose harissa paste
1 lemon, finely zested

1 Bring a pan of lightly salted water to the boil. Add the broccoli and boil for 1 min 30 secs, or until tender. Drain and set aside. Cook the spaghetti in the same water following pack instructions, then drain, reserving a ladleful of water.

2 Heat the oil in a large frying pan, add the garlic clove and fry over a low heat for 2 mins. Remove with a slotted spoon and discard, leaving the flavoured oil in the pan.

3 Add the tomatoes to the pan and fry over a medium heat for 5 mins, or until beginning to soften and turn juicy. Stir through the prawns and cook for 2 mins, or until turning pink. Add the harissa and lemon zest, stirring to coat.

4 Toss the cooked spaghetti and pasta water with the prawns and harissa. Stir through the broccoli, season to taste and serve.

GOOD TO KNOW healthy • fibre • vit c • 1 of 5-a-day
PER SERVING 511 kcals • fat 13g • saturates 2g •
carbs 72g • sugars 6g • fibre 7g • protein 22g •
salt 0.9g

next month

All you need to know
about the low-GI diet

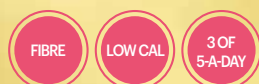


time for lunch

Enjoy a Mexican-inspired midday meal that's packed with flavour and provides three of your five-a-day

recipe SARA BUENFELD *photograph* MYLES NEW

Spicy bean & avocado quesadillas



SERVES 2 **PREP** 5 mins
COOK 15 mins **EASY** **V**

- 1 small red onion, halved and thinly sliced
- 1 lime, 1/2 juiced, 1/2 cut into wedges to serve
- 1/2 tbsp rapeseed oil, plus a drop
- 1 large garlic clove, finely grated
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 400g can black beans
- 1 tomato, chopped
- 1 tbsp tomato purée
- 1 tsp vegetable bouillon powder
- 2 large wholemeal tortillas
- 1 avocado, peeled, stoned, halved and sliced

2 tbsp chopped coriander, plus a few sprigs to serve

- 1** Combine half the onions with the lime juice in a non-metallic bowl and set aside to pickle.
- 2** Heat the oil in a non-stick pan over a medium heat and cook the remaining onions for a few minutes until softened. Add the garlic and spices, stir for a few seconds, then tip in the beans along with the liquid from the can. Stir in the chopped tomatoes, tomato purée and bouillon powder, and cook over a low heat for 8 mins, or until the beans have softened and the liquid has reduced. Mash the beans roughly to break some of them down and thicken the mixture.
- 3** Rub a drop of oil over a large non-stick frying pan using a sheet

of kitchen paper, and put one tortilla in the pan. Spread over the bean mixture, then cook over a low heat for 2 mins until the tortilla is crisp and golden. Stir the avocado, coriander and pickled onions together, then scatter this over the bean mixture and press the other tortilla on top, tucking the edges in to enclose the filling. Carefully flip over using a wide spatula and cook for 2 mins more until crisp. Slide onto a plate and cut into triangles. Serve with the lime wedges for squeezing over, and garnish with coriander sprigs, if you like.

GOOD TO KNOW healthy • low cal • fibre • vit c

• 3 of 5-a-day

PER SERVING 494 kcal • fat 19g • saturates 3g •
carbs 55g • sugars 8g • fibre 17g • protein 18g •
salt 0.7g





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IV. Claims must be submitted within 57 hours of the incident – *just because.*

V. All your details will be handled in secrecy – just like our 57' secret recipe.

We trust the above information clears up any queries you may have regarding our service, and we hope it assists you as you satisfy your ketchup cravings moving forward.


HEINZ CHIEF KETCHUP OFFICER
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Gourmet lifestyle



1 Country, 3 Cities p94

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A romantic dinner table is set on a balcony with a black metal railing. The table is covered with a dark, reflective cloth and features two place settings with white plates, silverware, and glasses of white wine. A centerpiece of a large bouquet of pink and yellow roses in a clear glass vase sits on the table. In the background, a grand, curved Italian building with classical architecture is visible under a sunset sky with warm orange and yellow hues. A large stone statue of a woman in classical dress stands on the left side of the balcony.

1 COUNTRY, 3 CITIES

Explore Italy's top destinations





Magnificent Milan

Italy has long held a coveted spot on my travel bucket list, and our journey began in the heart of fashion and design: Milan (also known as Milano). Milan itself is a city steeped in history. The striking Duomo - a dazzling cathedral that took centuries to complete - stands as a testament to the city's artistic heritage. A short walk away, the Castello Sforzesco, a once-mighty fortress, now houses world-class museums filled with treasures. Even shopping becomes a historical experience as you wander through the Galleria Vittorio Emanuele II, a stunning 19th-century arcade adorned with intricate details.

STAY HERE...

Avani Palazzo Moscova Milan, concealed behind its magnificent neoclassical façade, emanates modern charm with 65 rooms and suites adorned in soothing white and beige tones, exuding a minimalist ambience. Housed within the iconic structure designed by famed Italian engineer Giulio Sarti, the hotel was once the city's first train station and boasts a convenient location just 450 meters from Garibaldi station, placing you at the heart of the action.

During our two-day stay, we checked in to the Avani Superior Room, showcasing Milan's renowned design ethos with minimalist decor and inviting accents. The room's unique feature, a mezzanine level, offered a cosy retreat bathed in natural light.

The well-appointed bathroom is equipped with plush towels, a full range of toiletries, and a rejuvenating rain shower, ensuring a comfortable and relaxing urban escape.

WITHIN THE PREMISES

Descend to the basement, once Milan's first train station, and discover the tranquil AmaTi Spa. Here, guests are welcomed into a world of wellness, where bespoke treatments await to restore balance, while the sauna, hammam, and hydromassage tub offer relaxation. After a long flight, I indulged in a deep cleansing facial. During the treatment, the skilled therapist meticulously executed a multi-step process, starting with gentle cleansing and exfoliation for a refreshed complexion, followed by a relaxing face mask and facial scrub to minimise discomfort and remove impurities. The treatment concluded with a soothing mask, calming massage, and toner and moisturiser, leaving me feeling ready to venture onto my next adventure.

Forte Restaurant situated within the hotel, provides a perfect fueling station, offering a buffet spread to satisfy all cravings. Tempting options include freshly baked bread, eggs, and flaky croissants, alongside fruits and yoghurts. For those craving savoury delights, an array of cured meats and cheeses awaits.

Experience fresh Mediterranean flavours at Forte Restaurant for dinner.

Begin the evening with an aperitivo on the terrace at sunset, followed by a cosy dining experience in the maritime-inspired space. Rustic charm, with exposed brick walls and fishing nets sets the scene, while a display of the freshest catches on ice, by the entrance, invites exploration of the menu of seafood delights. Must-try dishes include the Seafood risotto, bursting with the essence of the sea, and the Mixed grill featuring succulent prawns, perfectly grilled squid, and tender fish fillets. To complete the Italian culinary journey, guests can indulge in smooth, creamy gelato, generously topped with candied nuts.

The Avani Superior Room is available from AED1,168 per night. To make a reservation, avanihotels.com/en/palazzo-moscova-milan.

EAT LIKE A LOCAL

Stedhal Milano

In the heart of Brera lies Stendhal, a restaurant steeped in Milanese heritage and the ambience of the late 1800s. Established 35 years ago by Italo Manca, the restaurant features contemporary touches such as daily-changing wildflower table settings and a creative menu featuring Fiori di zucca, ricotta e pesto alla Genovese, showcasing courgette flowers packed with creamy ricotta and fragrant Genoese pesto, as well as the renowned Mondegghili tradizionali, tender Milanese meatballs bursting with flavour. The ambience extends to its outdoor terrace, adorned with lights





and art pieces reflecting Milanese culture, offering an ideal setting for aperitifs and social gatherings. (*stendhalmilano.it*)

Osteria Serafina

Nestled in Milan's De Angeli area on the elegant Via Sacco, Osteria Serafina offers a welcoming atmosphere both inside and out. Inside, the open-plan kitchen serves as the focal point, where chefs and cooks showcase their culinary



artistry. The restaurant's nostalgic charm, reminiscent of the 1970s, is evident in its retro decor elements such as mirrors, plates, and antique paintings, complemented by warm lighting and a plethora of wines. The culinary journey at Osteria Serafina begins with classic dishes like Pappa e burrata (Tuscan tomato-bread soup) and progresses to main courses like Milanese & midollo (Risotto Milanese with marrow) and Tajarin al tartufo (Tagliolini with truffle), delivering a satisfying dining experience. (*osteriaserafina.com*)

LITTLE BLACK BOOK

Unique things to do in Milan

Sarah Zarrillo's Vintage Shopping Tour

For those with a penchant for vintage treasures, but limited time, this tour offers a quick and insightful exploration. Via Gian Giacomo Moro serves as a convenient hub hosting several shops within walking distance, including Bivio Milano, where high-end labels like Louis Vuitton and Versace are available at discounted prices, alongside rare Hermes ties dating back to the 1960s. Cavalli e Nastri provides a glamorous journey through time with designer gowns reminiscent of Hollywood's Golden Age, while Foto Veneta Ottica offers vintage

eyewear worn by Elton John. Sustainably-conscious shoppers will appreciate Humana People to People's diverse selection of clothing and accessories. Additionally, Humana Vintage provides an industrial-chic experience with a rainbow of vintage clothing racks. Lastly, Vesto Milano offers high-end menswear and womenswear alongside unique furniture pieces and a spectacular shoe selection. **From AED173 per person. *getyourguide.com***

Fiat 500 Vintage Tour

This spectacular tour organised by Federico - available for booking through Airbnb - which transformed my Milan adventure into an unforgettable journey into the city's soul. Cruising through the streets in a classic 1971 Fiat 500, guided by Federico's charisma and intimate knowledge of hidden gems, felt like a personalised exploration of Milan's essence. Beyond the picturesque stops and whimsical charm of the vintage car, the tour fostered genuine connections and laughter, creating cherished memories captured through Federico's expert photography. More than just a tourist experience, it offered an authentic glimpse into Milanese life, leaving me with not only stunning photos but and a deep appreciation for "La Dolce Vita."

AED495 per person. *airbnb.com*

Enchanting Venice

The “City of Canals,” offers an unparalleled experience where history, romance, and artistry converge. With its unique symphony of architectural marvels and vibrant culture, Venice continues to enchant travellers from across the globe.

Escaping Milan’s rain, an hour on the train transported us to Venice, where romance and historical elements greeted us at every turn. Thanks to the conveniently located Hotel Avani Rio Novo Venice, we were quickly immersed in the city’s vibrant atmosphere. Along the canals, buildings adorned in shades of ochre and terracotta whispered tales of a glorious past, while the sounds of gondoliers and souvenir vendors filled the air.

STAY HERE

The glass and stone building of Avani Rio Novo Venice offers a stunning view of the city, strategically located near the train station and car-accessible area, making it ideal for exploring Venice. With 144 rooms and suites, alongside on-site amenities, the property caters to both leisure and business travellers seeking a relaxing holiday or productive stay.

The Superior Room with city view promises a cinematic experience, featuring contemporary spaces flooded with natural light, offering breathtaking views of terracotta rooftops and pine trees. The hotel’s décor, inspired by Venice’s cinematic heritage and influenced by the Venice International Film Festival, features black and white photographs of film stars taken in the city, creating a vibrant and lively atmosphere. During warmer months, guests can enjoy the outdoor socialising area for an al fresco experience. Beyond the luxurious room, the hotel serves as a contemporary landmark surrounded by the city’s rich history of 600-year-old canals and bridges. Conveniently located just a 10-minute walk from the Santa Lucia train station and a 30-minute drive from the airport, the Avani Venice Rio Novo is the perfect base for travellers seeking a romantic escape, cultural immersion, or comfortable exploration of the gorgeous city.

WITHIN THE PREMISES

While the Dorsoduro district offers an authentic Venetian experience, with hidden gems, local eateries, and art



galleries, the hotel provides refined dining options, well-equipped meeting spaces, and a fully equipped gym.

The hotel is home to 8 Millimetri Cicchetti & Wine featuring a contemporary Italian setting nestled amidst lush gardens. Savour a classic Venetian spritz accompanied by delectable cicchetti featuring a modern twist on traditional Italian recipes. The restaurant also hosts a fabulous breakfast featuring a wide selection of





pastries, salads, breads, smoothies, and cold cuts, following the hotel's healthy lifestyle ethos. Stick around for dinner and order a charcuterie board showcasing cold cuts, delicious cheeses, nuts, and juicy cherry tomatoes, followed by fried polenta accompanied by traditional Venetian-style Baccalà (Salted cod fish) and local grilled Ombrina fish for mains, all cooked to perfection.

The Superior Room with City View is available from AED1,900 per night. To make a reservation, avanihotels.com/en/rio-novo-venice.

EAT LIKE A LOCAL

Harry's Bar

Harry's Bar in Venice is a legendary establishment known for its celebrity clientele, classic European café ambience and the world-renowned bellini, named after the fifteenth-century Venetian painter Giovanni Bellini. Established in 1931 by Giuseppe Cipriani, the bar exudes charm with its mahogany bar and golden lighting, offering a menu of nostalgic Italian dishes like Piemontese ravioli and cuttlefish with polenta. While the focus is on expertly executed Italian classics, the stylish yet unpretentious atmosphere creates an inviting setting to enjoy signature dishes such as Beef carpaccio. The menu also boasts other delightful options such as Carpaccio Cipriani, Tagliolini bianchi gratinati (Baked tagliolini) with delicate flavours and rich cream sauce, and Paccheri di gragnano alla sorrentina, featuring al dente paccheri bathed in a tangy tomato sauce, with creamy melted mozzarella and aromatic basil. (harrysbar.com)

Osteria alla Bifora

Tucked away in the vibrant Campo Santa Margherita square, Osteria alla Bifora offers an authentic Venetian dining experience beyond the typical bacaro. Overflowing platters of cold cuts and cheeses, alongside various preparations of baccalà and Venetian classics such as polpette and sarde in saor, greet diners in this go-to destination for true Venetian cuisine. Despite

its popularity, Osteria alla Bifora retains a cosy and inviting ambience, whether you choose to soak up the lively energy of the square from a sidewalk table or settle into a comfy spot indoors. The menu offers many dishes, with highlights including grilled vegetables with melted cheese and sumptuous lasagna, offering a true taste of Venice away from the tourist throngs. (+39 041 523 6119).

LITTLE BLACK BOOK

Unique things to do in Venice

Baroque Mask Making

The adventure began with a unique encounter with Augusto, a renowned mask maker whose artistry has graced the screens in productions like *Gossip Girl* and *Spider-Man: Far From Home*. Under Augusto's guidance, we transformed from passive observers to active creators. Choosing our base mask and meticulously adding Baroque flourishes with hot glue and paint, we felt a true connection to the Venetian tradition of mask-making. Each stroke of paint personalised our creations, resulting in unique keepsakes that captured a piece of the city's soul. **AED216 per person. airbnb.com**

Glass Making at Murano Island

Venture off to Murano, the legendary island famed for its exquisite glasswork. A boat ride across the glistening water brought us to Penzo + Fiore Glass Studio, where the delightful couple Andrea and Cristina welcomed us. The couple, who collaborated with FENDI on a glass accessory collection, generously shared their knowledge in an intimate workshop. Amidst the fiery furnaces and molten glass, we transformed simple rods into colourful beads, each one a testament to the artistry honed over generations in Murano. This hands-on experience provided a tangible connection to the island's renowned craftsmanship and allowed us to leave with a beautiful and personal souvenir. **AED198 per person. airbnb.com**



Eternal Rome

Rome, a city steeped in millennia of captivating history, architecture, and culture. From the majestic Colosseum to the awe-inspiring Vatican City, and the iconic St. Peter's Basilica to the ancient marvel of the Pantheon, there's a wealth of historical treasures awaiting exploration as you meander around the city. As you step into the labyrinthine streets, you discover the city's storied past with each turn, encountering some of the world's most renowned landmarks, seamlessly integrated into the fabric of daily life. Yet, Rome's allure extends beyond its monumental architecture. Centuries-old traditions blend seamlessly with modern gastronomy, taking you on an experiential journey between strolls across the 'vias.'

STAY HERE...

As your taxi pulls up to the valet, you'll be struck with awe by the crescent-shaped Anantara Palazzo Naiadi Rome Hotel, which wraps around half of the Piazza della Repubblica. Housed in a historical building - suspended over the ruins of the Baths

of Diocletian - the hotel is undeniably colossal, boasting 238 rooms, a grand double-height lobby, and 19th century marble that exudes timeless elegance and unparalleled craftsmanship. Close to the Roma Tremini railway station, the hotel is just a 20-minutes' walk to the Trevi Fountain and 15-minutes away from the Spanish Steps, making it ideal for a walk back post carb-heavy meals.

You instantly sense that sophistication and charm familiar with the Anantara brand, at the reception. A soothing palette of rich neutrals and marble accompany Roman grandeur, from the lobby to the rooms and suites. The Junior Suite is apt for two adults and a child (cot available upon request), with views of the the Diocletian baths allowing you to immerse yourself in Roman history. Adorned with a striped wallpaper, and a striking chandelier that commands attention, the suite is notably spacious.

After a day of exploration, the generously sized bathtub, in the bathroom clad with floor-to-ceiling Travertine marble, create a serene

haven of tranquility. Additionally, the rainshower accompanied by generously sized Acqua di Parma amenities provide a sumptuous bathing experience. Guests can indulge in refreshments from the complimentary mini-bar, take advantage of exclusive privileges in the Naiadi Lounge, and maintain a workout routine with the in-suite TechnoGym kit. For



Words by Nicola Monteath



any additional requirements, butler service is available. We particularly enjoyed coming back to the hotel to find a divine cheesecake waiting for us, and thoughtful touches including the lavender spray for a restful sleep.

WITHIN THE PREMISES

The hotel features an exquisite rooftop restaurant and stunning lobby bar, alongside INEO, deriving its name from the Latin word meaning 'to initiate.' Chef Heros de Agostinis is at the helm of the sensory journey with a menu brimming with intriguing flavours and textures, anchored by his Roman roots and inspired by his mother's native Eritrea coupled with travels across the globe. The fine-dining venue boasts 28 covers, with low-lighting and marvelous fixtures and art making up the space. Tuck into sublime dishes such as the hearty, traditional Handmade ravioli filled with braised oxtail, Paprika-marinated

salmon with fermented cucumber and green apple tapioca pearls that burst in your mouth, moreish Hand-picked blue crab meat on a layer of madras curry, topped with a carpaccio of red beetroot, and Grouper encased in Chinese chard, with roasted pineapple, coconut sauce, ginger and Thai chilli brightening the palate.

La Fontana Restaurant serves a wholesome breakfast to suit global travelers. Kickstart the day with an assortment of freshly baked breads, focaccia, pastries, savoury cold cuts, and an enticing assortment of cheeses. You can also order eggs from the a la carte

menu, or try sushi, noodles and Asian dishes on display.

Nestled upon the famed grounds once graced by the opulent baths of the Roman Empire, the Spa at Anantara Palazzo Naiadi stands as a testament to timeless luxury. Infused with the rich legacy of hydro-wellness and imbued with the exotic allure of Anantara's Eastern heritage, the Diocletian bath ritual is a must after a day of leisure strolling around the city. The ritual showcases a selection of exclusive ancient ingredients such as olive oil, honey, sea salt, salt-pan mud, St. John's wort, laurel, sage, and lavender - each element utilised to evoke





a profound sense of renewal. The journey commences with a full-body exfoliation to gently sweep away impurities, followed by a detoxifying mud wrap, in which you are cocooned before heading to the steam room for 20 minutes. After a quick rinse, the therapist concludes with a soothing body massage, melting away tension and leaving muscles deeply relaxed.

The Junior Suite is available from AED8,000 per night. To make a reservation, nh-hotels.com/hotel/anantara-palazzo-naiadi-rome-hotel



EAT LIKE A LOCAL

Much of what we now savour as quintessential Roman cuisine traces its origins to humble beginnings, rooted in the resourcefulness of the common folk and farmers. During the Renaissance era, when premium cuts of meat were reserved for the elite circles of aristocracy, Vatican clergy, and the bourgeois class, everyday Romans had to innovate with what was available – thus embracing the “quinto-quarto,” or the fifth quarter, which predominantly consisted of offal. This birthed a repertoire of ingenious dishes showcasing intestines and lesser cuts, now integral to the culinary fabric of Rome – spot Pajata (intestines) or the classic Roman pasta all’amatriciana (featuring cured pork jowl, tomato, and cheese) on authentic Trattoria menus. Moreover, this historical backdrop sheds light on dietary patterns, where meat and fish were scarce commodities for the masses, while vegetables and legumes thrived as staple sustenance, shaping the essence of Roman gastronomy. Here are three enticing spots to get a taste of traditional specialties:

- **Felice a Testaccio:** In 1936, Felice set up shop in the Testaccio neighbourhood, serving traditional Roman dishes that have been passed down for generations. This establishment is hailed for its Cacio e Pepe and Carbonara – both incredibly luscious and unlike anything I’ve tried before. (feliceatestaccio.com)
- **Sora Margherita:** This charming hole-in-the-wall local gem is nestled in the the Jewish Ghetto and serves a delectable Oxtail in tomato sauce and Grilled lamb chops, alongside handmade fettuccine and agnolotti. (soramargherita.com)
- **Vanda:** The Trastevere neighbourhood comes alive in the evening with buskers and live concerts. Vanda, modelled like an old-style osteria in a more contemporary setting, serves a delightfully crunchy-on-the-outside artichoke with cheese fondue and traditional Roman pastas such as Gricia. (ostepercaso.com/vanda)

Competitions

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs

WIN AN ULTIMATE DAYCATION AND BRUNCH FOR TWO AT THE COVE ROTANA RESORT - RAS AL KHAIMAH, WORTH AED700



Experience unparalleled indulgence with this exclusive Daycation & Brunch package, offering a day filled with luxury and relaxation. Delight in one of Ras Al Khaimah's finest brunches at the award-winning

Basilico Restaurant, where our skilled chefs have crafted a delightful array of flavours to tantalise your palate. Amidst breathtaking sea views, discover serenity on the 600-metre beach, unwind in the refreshing coolness of two temperature-controlled infinity pools, and thrill-seekers can enjoy exhilarating waterslides.

WIN A ONE-NIGHT STAYCATION FOR FAMILY AT STAYBRIDGE SUITES DUBAI BUSINESS BAY, WORTH AED1,000



Experience your next unforgettable getaway! Enter now for the chance to win a one-night stay at Staybridge Suites Dubai Business Bay for 2 adults and 2 kids, complete with a delightful breakfast at the Hub.

WIN A BRUNCH FOR FOUR WITH THE BIG SATURDAY GARDEN PARTY AT GARDEN ON 8, WORTH OVER AED1,000



Stand a chance to win a brunch experience for four at the acclaimed Big Saturday Garden Party hosted by garden on 8 this June. Situated within Media One

Hotel, garden on 8 offers a casual and convivial atmosphere every Saturday afternoon featuring a delightful array of international cuisine and comforting dishes served in a shared-style format. Enjoy tunes by the skillful DJ providing an energetic soundtrack, and be amazed by the mesmerising acts performed by a talented illusionist, promising an unforgettable afternoon filled with entertainment.



WIN A TRAITEUR BRUNCH AT PARK HYATT DUBAI, WORTH OVER AED900

The Traiteur Brunch at Park Hyatt Dubai offers a luxurious dining experience with stunning views of the city skyline from Brasserie Du Park. Guests can enjoy a lavish spread of culinary delights amidst waterfront vistas and a vibrant ambience, accompanied by live entertainment. With both outdoor and indoor seating options available, it's the perfect summer brunch destination for an unforgettable afternoon.



DINING VOUCHER AT HOYA, WORTH AED500

Step into HOYA, where artful cuisine and storytelling blend in an enchanting indoor oasis surrounded by nature. Explore the vast library filled with curated books, discover the secret garden hidden behind a discreet bookshelf, or ascend to the whimsical plant shop above. Each level offers a unique experience while dining on a menu designed to evoke warmth and nostalgia, featuring vibrant salads, comforting soups, handcrafted pasta, and a soon-to-launch afternoon tea.

EXPERIENCE JAPANESE CULINARY AT OKKU, WORTH AED1,000



Located within Marriott Resort Palm Jumeirah, OKKU offers an exquisite Japanese dining experience, combining traditional flavours with international innovation. This renowned venue boasts a restaurant, bar, and lounge, featuring

diverse dishes from classic to contemporary creations. Highlighted by its 20-meter Sushi bar & Robata grill, OKKU showcases expert craftsmanship while its inviting lounge provides a vibrant atmosphere for relaxation and socialising.

DINING VOUCHER AT BURGUNDY LOUNGE, WORTH AED500



Enter to win an exclusive dining experience at the newly opened Burgundy Lounge, located in the heart of Dubai Healthcare City. Discover Burgundy

grapes with a curated selection of 56 exceptional varieties, expertly paired with delectable cuisine for an unforgettable culinary journey.

ENJOY A SATURDAY BRUNCH FOR TWO AT CHALCO'S CANTINA, WORTH OVER AED550



Chalco's Cantina transcends the typical dining experience, transporting patrons directly to the heart of Mexico with authentic Mexican cuisine and innovative beverages. The

Saturday Brunch transforms into a vibrant fiesta, featuring genuine Mexican flavours, Latin tunes spun by a DJ, and unlimited drinks.

WIN A SHOPPING VOUCHER AT BETTER LIFE, WORTH AED500



Discover Better Life, the premier destination for home appliances, boasting over 70 top brands spread across eight stores in Dubai and Abu Dhabi. From essential Home & Kitchen Appliances to Cooling Appliances, Cookware, and Kitchen Essentials, find everything you need to enhance your daily living. At

Better Life, renowned brands converge to offer superior appliances, ensuring each day is elevated with quality and convenience.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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